UNIVERSITY OF ALBERTA

An Exploratory Study in Defining and Measuring Expressions of Marital Commitment

by

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The undersigned certify that they have read, and recommend to the faculty of Graduate Studies and Research, for acceptance, a thesis entitled An Exploratory Study in Defining and Measuring Expressions of Marital Commitment submitted by Rosswell F. Olson in partial fulfilment of the requirements for the degree of Master of Education in Counselling Psychology.

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ABSTRACT

This is a study of marital commitment using a commitment framework developed in this study to explain the formation and ongoing evaluation and modification of marital commitment. Marital commitment is viewed as a result of value choices a person has made and is continuing to make, and the continuing evaluation of commitment outcomes and constraints.

Commitment choices, outcomes and constraints are considered the major components of marital commitment. Commitment choices refer to conscious decisions that translate attitudes of dedication and determination into appropriate behaviours. Commitment outcomes describe the consequences or results of one's commitment. One's perceptions of forces or influences that constrain one to continue with a consistent line of action are defined as commitment constraints.

A sample of 459 married individuals, including 216 married couples, completed a 127 item questionnaire specifically designed for this study. The questionnaire included 19 independent variables. Pearson correlations are used to assess the relationships between the independent and dependent variables, separately for husbands and wives.

The findings indicate similarities and contrasts between husbands' and wives' expressions of marital commitment. As the number of years married increases, wives indicate they are becoming more dedicated to their marriages and more aware of commitment constraints than husbands. Husbands, on the other hand, see themselves as becoming less willing to make choices that would affirm and enrich their marriages. Among husbands and wives there are contrasting findings between personal income and the awareness of commitment constraints. For husbands, personal income is positively associated with commitment constraints, whereas among wives personal income is negatively associated with commitment constraints. As well, in contrast to the lack of associations between education and commitment choices among husbands, among wives education is negatively associated with commitment choices.

The unique contributions of this study are the formulation of a commitment framework and the use of commitment choices to measure conscious decisions about implementing behaviours that enrich and strengthen a marriage.

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INTRODUCTION

Relationship commitment, especially that expressed in a marriage, is probably the most important and encompassing commitment that an individual and a couple can make. It is a commitment, either readily expressed or unspoken, to work toward a stable and quality marriage. However, while commitment may be thought of as central to the understanding of marriage, commitment as a construct has not always been clearly defined or understood. For those individuals who remain in a sterile and unfulfilling marriage, one wonders if their marital commitment stems solely from personal desire--or are there other considerations and constraints (e.g., social, religious, economic, etc.) that influence their choice to remain committed to their present marriage. Further, do expressions of commitment and reasons for commitment differ in individuals and couples who have been married for only a few years as compared with those who have been married for many years?

The purpose of this study is to broaden our understanding of marital commitment by examining possible sources and variables that influence and relate to commitment, considering especially how the construct of commitment contributes to our understanding of ongoing, stable marriages. Chapter two discusses definitions of commitment, relevant theory and research. In chapter three a commitment framework is proposed and the hypotheses relevant to this study are put forth. The fourth chapter describes the measures and methods of research that were developed to test the hypotheses. The research results pertaining to the hypotheses are examined in chapter five. In chapter six, some of the findings are discussed along with the limitations and implications of this research.

II. REVIEW OF RELEVANT LITERATURE

This paper suggests that the construct of commitment may be considered as the essential ingredient in the glue that causes a couple to stay together and maintain their marriage. However, the literature suggests that this very important concept of commitment has been only partially understood and researched. Levinger (1965), in his consideration of why some marriages fail and others "stick", referred to the "abundance of descriptive findings and of empirical generalizations but as yet a scarcity of conceptual construction" (p. 19).

When Dean and Spanier (1974) proposed that "personal commitment to one's marriage be explored as a possible factor in marital success," they noted that "a search of 27 leading texts in marriage and the family failed to turn up a single instance of commitment even being mentioned as a potential variable in marital success" (p. 113). However, "during the last two decades," the literature indicates that increasing attention has been given to "the clarification of the term [i.e., commitment] and specification of its various dimensions" (Johnson, 1984, p. 1). Broderick (1981) identified commitment as one of the "additional components of marriage . . . which have largely been ignored in formalized assessment endeavors thus far" (p. 32). Beach and Broderick (1983) stressed the "importance of considering the variable of commitment in marital research" (p. 16). Broderick's comments reflect a view that many researchers hold (e.g., Johnson, 1969, 1973, 1978, 1982, 1984, 1985; Rosenblatt, 1977; Rusbult, 1980, 1983; Larson and Goltz, 1986; Stanley, 1986).

Definitions

Because of the confusion in the literature surrounding the defining and conceptualizing of the construct of commitment, attention will be given initially to providing the reader with two sets of definitions by Johnson (1978) and Stanley (1986) to facilitate the reader's evaluation of the literature.

Johnson (1969, 1973, 1978, 1982, 1984, 1985) drew attention to commitment's two meanings in common usage:

> The first sense in which the term commitment is used refers to an actor's individual dedication to the continuation of a line of action, as in the phrase "He is committed to spreading the Gospel." This meaning carries with it a sense of determination to continue in the face of adversity or temptations to deviate, a determination which results from strong personal attachments to a line of action, and will be referred to here as personal commitment. The second basic meaning of commitment is

> captured in the expression, "He can't back out now; he's committed himself." The connotation here is one of external constraints which arise as a direct consequence of the initiation of a line of action and which make it difficult to discontinue it should one's sense of personal commitment decline. These constraints will be referred to below as _structural commitment_. (Johnson, 1978, p. 2)

Johnson uses the term structural commitment to refer to those external forces that may constrain a person to continue in a relationship regardless of their level of personal commitment to the relationship. He refers to four external factors or forces: the difficulty of terminating a relationship, social pressures to remain, the potential loss of investments, and the lack of adequate alternatives.

Stanley (1986) builds on the seminal insights of Michael P. Johnson and views commitment in a similar manner, but with some modifications:

> _Interpersonal Commitment_ is a construct used by theorists, researchers, and the public to describe a range of attitudes, motivations, and behaviors with respect to relationships. Typically, the emphasis is on predicting or explaining one of two other constructs that will be referred to here as _relationship stability_ and _relationship quality_. Relationship

stability refers to the continuity of relationships, the emphasis being on whether a given relationship remains intact or dissolves (breaks up, ends in divorce, etc.). Relationship quality refers more to the nature of the relationship. Is it good or bad, healthy or distressed, and are the participants happy with it? Relationship satisfaction and adjustment are concepts closely associated with the quality of the relationship.

Commitment carries two separate connotations, as commonly used. These two connotations are considered here to correspond to types of commitment. Thus, interpersonal commitment is defined as a construct comprising two separate constructs: (1) personal dedication is a label given to a construct that in and of itself is frequently referred to as "commitment." It refers to the desire (and associated behaviors giving evidence of this desire) of an individual to maintain or improve the quality of his or her relationship for the joint benefit of the couple and the individual benefit of the participants. Personal dedication is evidenced by an intrinsic desire not only to continue in the relationship but also to work on the relationship, to improve it, to sacrifice for it, to invest in it, to link personal goals to it, and to seek the partner's welfare, not simply one's own. (2) Constraint commitment, in

> contrast, is a label given here to a construct denoting forces that constrain individuals to maintain relationships regardless of their personal dedication to them. These constraints may arise from either external or internal pressures, and they favor relationship stability, not necessarily relationship quality. Constraints make termination of a relationship more economically, socially, personally, or psychologically costly. Constraints can serve to keep people in relationships that they might otherwise prefer to terminate. Constraint commitment provides an explanation for the fact that many people remain in relationships of poor quality, in which personal dissatisfaction remains at a high level over time. (Stanley, 1986, p. 6, 7)

These definitions by Johnson and Stanley provide a framework for viewing the theoretical and empirical literature dealing with commitment.

The following definitions or comments about commitment have been put forth by various authors. These brief quotations, without context, highlight the wide range of commitment concepts and serve to validate the distinctions that Johnson and Stanley make between commitment as personal dedication and commitment as constraint. Some authors focus on one construct, some on the other, and some seem to describe both aspects. The first set of references appears to identify commitment as personal commitment or dedication:

> Ideal commitment . . . is the goal or ideal that he sees possible (even practically certain) and to which he dedicates his skill. (Hilsdale, 1962, p. 138)

> . . . commitment, [was] defined as a couple's determination to continue their relationship. (Lewis, 1973, p. 209)

> Commitment, for the purposes of this investigation, was defined as the strength of an individual's desire and determination to continue a particular marital relationship. (Dean & Spanier, 1974, p. 113)

> We called this "marital dyadic commitment." The term "dyadic" simply emphasizes the two-person nature of the group, and the term "commitment" here refers to the "determination to continue" something, in this case, a marital relationship. (Reiss, 1980, p. 250)

> Commitment is defined for the respondents as: the degree to which an individual is willing to stand by another even though that may mean putting aside one's own needs and desires for the sake of the other; it can mean a time of accepting the other person in spite of his/her faults or problems which may make

> one's own life more difficult; it can mean thinking less about the immediate advantages and disadvantages of the relationship and working to make the relationship last in the long run. (Beach & Broderick, 1983, p. 18-19)

> We define interpersonal commitment as an unwillingness to consider any exchange partner other than that (those) of the current relationship. . . . if commitment is present, monitoring of alternatives has ceased. (Leik & Leik, 1977, pp. 301-302)

> At the attitudinal level, commitment would involve irrationality in the shortrun sense of ignoring better alternatives in favor of staying with old partners. (Cook & Emerson, 1978, p. 728)

> . . . our present definition of commitment involved both permanency as well as a sense of attachment to the spouse . . . . (Murstein and MacDonald, 1983, p. 302)
> Commitment . . . . As used here it reflects a tendency to place the relationship with the spouse beyond the effect of any given negative act and to feel a sense of permanency about the relationship. (Murstein and MacDonald, 1983, p. 299)

Listed next are quotations that appear to focus more on commitment as constraint, not dedication:

> Sociologists typically make use of the concept of commitment when they are trying to account for the fact that people engage in consistent lines of activity. (Becker, 1960, p. 33)
>
> The committed person has acted in such a way as to involve other interests of his, originally extraneous to the action he is engaged in, directly in that action. . . . a person finds that his involvement in social organization has, in effect, made side bets for him and thus constrained his future activity. . . . A person sometimes finds that he has made side bets constraining his present activity because the existence of "generalized cultural expectations" provides penalties for those who violate them. (Becker, 1960, p. 35, 36)

> Continuance commitment is a psychological state that arises not from the presence of rewards but from the presence or imminence of subjectively defined penalties associated with the attempt or desire to leave a specific position. (Stebbins, 1970, p. 527)

> Barriers or commitments tend to be much stronger in marriages and other exclusive relationships than they are in friendships . . . . They become sources of oppression if a relationship's attractions disappear. (Levinger, 1979, pp. 179, 180)
>
> Barriers derive from the social structure in which we live, or which we ourselves have created--such as the commitments or obligations we ourselves have entered into. They prevent us from acting solely according to our attractions and repulsions. (Levinger, 1979, p. 179)

> . . . the pledging or binding of the individual to behavioral acts. (Kiesler, 1971, p. 30)
>
> Explicit behavior, like an irrevocable decision, provides the pillar around which the cognitive apparatus must be draped. Through behavior, one is committed. (Kiesler, 1971, p. 17)

The following section contains quotations that are difficult to classify as oriented exclusively toward either dedication or constraint:

> I . . . define commitment as an avowed or inferred intent of a person to maintain a relationship. (Rosenblatt, 1977, pp. 74, 75)

> . . . the investment model distinguished between two important characteristics of relationship: satisfaction--positivity or affect or attraction to one's relationship--and commitment--the tendency to maintain a relationship and feel psychologically "attached" to it. (Rusbult, 1983, p. 102)

> Between the formation of a growing relationship and the maintenance of a mature one, there is a transition that I will call commitment, the avowal of an intent to maintain a relationship over some period of time (see Rosenblatt, 1977). (Levinger, 1980, p. 531).
>
> . . . such a pledge has two functions: (1) it signifies that one will try, however possible, to enhance the other's outcomes; and (2) it means that one has looked far ahead into the pair's future outcome space and is willing to decrease the attractiveness of competing alternatives--in traditional marriage, to a prohibitive extent--so as to make future termination extremely unattractive. Elsewhere, I have called this commitment process as a raising of barriers around a relationship (Levinger, 1965). (Levinger, 1980, p. 532)

> . . . commitment defined . . . degree of willingness to work toward continued and future maintenance of one's marriage or close relationship. (Scanzoni and Arnett, 1987, p. 137)

From the quotations noted above, it can be seen that the term "commitment" encompasses a wide range of meaning among those interested in the construct. Stanley (1986) strongly agrees with Johnson (1978, 1985) in his assertion that there are two general connotations to the term.

Some Early Theorists

Becker (1960), one of the earliest contributors to clarifying the use and meaning of commitment, pointed out that the concept of commitment, up to that time, had been used "to account for the fact that people engage in consistent lines of activity" (p. 33). He felt that the theories of social control and basic values were not adequate to explain how consistent behaviour persists over some period of time and implies a rejection by the actor of feasible alternatives. Becker (1960) sought to "specify the characteristics of 'being committed' independent of the behavior commitment will serve to explain" (p. 35). He used an illustration of an individual who made a side bet with someone that he would pay no more than a certain amount in purchasing a home. By this side bet (the action taken prior to the final offer to purchase), the individual has initiated a present line of action, and this line of action will constrain the purchaser to be consistent in his house offer (not to offer more and suffer the consequences of losing his side bet).

> The major elements of commitment present themselves in this example. First, the individual is in a position in which his decision with regard to some particular line of action has consequences for other interests and activities not necessarily related to it. Second, he has placed himself in that position by his own prior actions. . . . third . . . the committed person must be aware that he has made the side bet and must recognize that his decision in this case will have ramifications beyond it. (Becker, 1960, pp. 35, 36)

With respect to the fact that the person making the side bet "must be aware" and "must recognize" (Becker, 1960, p. 36) his side bet, Becker stresses that social life is not as simple as he may suggest--rather, interests, side bets, acts of commitment, and consequent behavior will appear confounded and mixed. At times the person may not be aware that daily recurring events, generalized cultural expectations and impersonalized bureaucratic arrangements (like pension funds), are making it very important for him to continue that consistent line of behavior. In fact, a person may find that his involvement in a social organization has, in effect, made side bets for him and thus constrained his future activity. Becker's insights have practical implications for marital commitment as this side bets concept is associated with constraining influences (Johnson, 1985, Stanley, 1986) that influence consistency.

Writing a few years later, Hobart (1963) points to the broad changes in our society that have weakened the solidarity of the family. Side bets (like cultural or social pressures) that may have previously served to maintain consistent lines of actions and helped to prevent the dissolution of existing relationships, have been replaced by achievement-oriented values that erode family values. He calls for restraint and responsible action that would replace the external side bets with side bets of love, care, and empathy that would lead to an increase of internal resolve and a commitment to "inefficient human values" symbolized by the family relationship (Hobart, 1963, p. 410). With respect to marriage, he appears to suggest a commitment arising, in part, from empathy and internal resolve (akin to personal dedication) rather than counting on the side bet commitment arising from external constraints.

The general concept of personal dedication seems to underline Hilsdale's (1962) pilot study in which he endeavours to define and measure engaged individuals' expression of what he terms existential commitment toward their upcoming marriage. In his theory, existential commitment describes one's dedication to reach the proposed goal, as well as awareness that one may have to take alternate emergency measures along the way. In his research, Hilsdale sought to measure an engaged individual's attitude and willingness to bind oneself to an expression of commitment to what he referred to as either absolute marriage or a possible trial of marriage. Engaged individuals answered a question ~~that asked~~ them if they had thought of divorcing and trying again in the event that this marriage did not work out. They could choose from three answers: 1) often, 2) sometimes, or 3) haven't ever thought of it. Less than five per cent of the non-Catholic respondents expressed actual trial commitment, about 15 per cent were described as expressing possible trial commitment, and 80 per cent had not thought at all of a trial commitment to their upcoming marriage (Hilsdale, 1962).

Hilsdale realized only partial definitiveness in his research design. By using an engaged person's reflections about possible future divorce consideration, he tried to determine an individual's attitude of existential commitment toward his future marriage. This approach had limitations.

Cohesion Theory

Levinger's (1965) theoretical framework, known as cohesion theory, has "had the widest impact on research and thinking regarding the dissolution of relationships" (Johnson, 1985, p. 7). In studying cohesiveness, Levinger attempts to answer the question: "what makes a marriage 'stick'?" (Levinger, 1965, p. 19). His framework contains three major components: (1) attractions, (2) barriers, and (3) alternatives which are mentioned in the following quotation.

> Inducements to remain in any group include the attractiveness of the group itself and the strength of the restraints against leaving it; inducements to leave a group include the attractiveness of alternative relationships and the restraints against breaking us such existing relationships. (Levinger, 1965, p. 19).

He discusses sources of attraction to remain in a marriage (e.g., affectional rewards, intrinsic worth of spouse, desire for companionship, and sexual enjoyment, socioeconomic rewards, home ownership, etc.) and sources of barrier strength that make it difficult to leave a marriage (e.g., religious and moral commitment, legal entanglements, external pressures of kin and community, etc.). Sources of alternate attraction may include affectional rewards such as preferred alternate sex partner, disjunctive social relations, or opposing religious affiliations, and economic rewards such as a wife's opportunity for independent income.

To increase the durability of marriage, Levinger (1965) suggests that the first, and probably most, effective step is to increase the positive attractiveness of the relationship through marriage enrichment or renewal of the partner's interest in each other. A second step is to decrease the attractiveness of alternate relationships, although he does not suggest a way to do this, nor would this, in itself, be sufficient to produce durable marriages. A third approach is to increase barriers. However, he realizes that high barriers are likely to lead to high interpersonal conflict and tension.

In subsequent articles, Levinger clarifies his conceptual framework:

> . . . people stay in relationships because they are attracted to them and/or they are barred from leaving them, and that, consciously or not, people compare their current relationships with alternative ones. If internal attractions and barrier forces become distinctly weaker than those from a viable alternative, the consequence is breakup. (Levinger, 1976, p. 43)

Thus, close relationships may be held together not only through involvement and care but "also through obligations which are either taken on voluntarily by the partners or imposed from outside by society" (Levinger, 1977, p. 9). Private commitments grow out of repeated positive interactions, whereas public obligation is imposed by social norms to which both members of a relationship subscribe. As Johnson (1978) states, Levinger's "insightful analysis cries out for operationalization" (p. 9).

Levinger, in discussing cohesion, describes many of the same factors that Johnson and others have referred to under the heading of commitment. Recently, Levinger (1980) uses commitment to describe a transition "between the formation of a growing relationship and the maintenance of a mature one" (p. 531). At this time of transition, the couple decides to protect their investments in the relationship by agreeing to:

> an explicit pledge of the continuity of their pairing. . . . such a pledge [commitment] has two functions: (1) it signifies one will try . . . to enhance the other's outcomes; and (2) it means that one has looked far ahead . . . and is willing to decrease the attractiveness of competing alternatives. (Levinger, 1980, p. 532)

Levinger (1980) directly relates this commitment process to his concept of raising barriers around a relationship. As well, his preceding concepts (1) and (2) show similarities to the constructs of personal dedication and constraints commitment.

However, while Levinger (1980) feels that commitment will facilitate the transition from a growing relationship to the maintenance of a mature relationship, he assumes that the "average marriage is likely to show some decline [writer's emphasis] in marital satisfaction over time" (p. 535) and as a result, one of the couple may become concerned about the reward/cost balance. In some marriages, such a concern might become "a source of discussion, reevaluation, and possible redistribution" whereas in "many other marriages . . . the relationship is allowed to decline in attractiveness for one or both partners . . . and begins to turn sour" (Levinger, 1979, p. 178). In fact, "many deteriorated relationships continue indefinitely" (Levinger, 1980, p. 540). While postulating a decline, he is very aware that "research data on the deterioration of marriages or other pairs are largely unavailable" (Levinger, 1980, p. 538). To balance his picture, he elaborates on several approaches that could contribute to restoring a marriage in a state of "decline". The commitment he postulated as being a part of the transition phase leading to a mature relationship is not considered in his discussion of the decline of a marriage or as a factor in the restoring of a deteriorating relationship.

Clayton (1975) builds on Levinger's (1965) formulation of marital cohesiveness and dissolution. He recognizes that Levinger (1965) has isolated crucial and core components of marital cohesiveness (sources of attraction, sources of barrier strength, and sources of alternate attraction), but feels that Levinger's broad categories allow for several gaps. Clayton (1975) seeks to fill in Levinger's gaps by affirming that "commitment to the spouse and the marriage, plus the presence of personal, social, structural, and cultural barriers to pressures for dissolution, will reduce the likelihood of a marriage terminating because of alternate sources of attraction," (p. 579).

The first gap suggests a lack of consideration of family background and early dating-courtship experience. Clayton (1975) suggests that certain biographical events prior to marital selection are considered as predisposing in the sense that people with certain types of experiences are more likely to dissolve a marriage than others. Under three headings (family background, achievement and identification, and heterosexual dating experiences), he summarizes ten variables that "are generally viewed as being more conducive to marital stability" (Clayton, 1975, p. 581). The second gap Clayton (1975) identifies is that "there is virtually nothing on (a) how the spouses interact with one another, (b) the prevailing power configuration within the family, (c) the level of adjustment and satisfaction achieved in the marriage relative to the expectations, and (d) stage in the family life cycle" (p. 580).

Clayton (1975) argues that the crucial variable "to understanding marital dissolution and divorce is not marital cohesiveness, but rather the degree of commitment each spouse has to the other and to the marriage and family" (p. 580). He postulates that the present level of commitment in a marriage is determined by three major factors: 1) predisposing biographical events prior to marital selection, 2) prior marriage experiences and present evaluation of marital interaction, power, and adjustment and satisfaction, and 3) comparison or alternative factors. While this theoretical perspective suggests possible determinants of marital commitment, Clayton gives no indication of empirical support for his model.

Further, Clayton (1975) claims that "about the only thing that, in reality, reduces the commitment to marital stability is the intrusion of an alternative source of commitment that appears more desirable than the present arrangement" (p. 584). While it is true that the attractiveness of alternatives may be the reason for the reduction of commitment in many marriages--it does not explain or suggest why many married individuals remain committed to dysfunctional and painful marriages when they have the opportunity to consider and choose more attractive alternatives. The recognition of the "wanting" to aspect of commitment (Johnson, 1985, Stanley, 1986) helps to explain how a sense of determination and personal dedication may influence people to remain in low quality marriages.

Reiss's (1980) formulation of dyadic commitment in marriage reveals considerable dependence on Levinger's work. According to Reiss (1980), dyadic commitment refers to "the determination of a married couple to stay together" (p. 267). While she appears a) to define commitment in a manner similar to Johnson's (1985) concept of determination and Stanley's (1986) personal dedication or commitment, and b) to suggest that her definition of commitment is describing a motivational state or attitude of perseverance--Reiss throughout her work (apart from a very brief treatment of normative inputs or beliefs) describes and illustrates commitment more as a consequence or the result of certain influences or variables. Thus, while her theoretical framework appears sound, it lacks clarity and accuracy because it confuses the subconstructs of commitment (personal commitment or personal dedication and constraint commitment).

Knowing that many couples do not continue their marital relationship, she postulates what she considers to be the three main causal factors or "causes" that "influence," "impact upon," or "affect the determination" (Reiss, 1980, p. 267, 280). These "three major causes of the level of dyadic commitment in a relationship" are:

"(1) reward-tension balance, (2) normative inputs, and (3) structural constraints" (Reiss, 1980, p. 268). Each of these three variables is thought to have a direct effect on dyadic commitment, with structural constraints also having, at the same time, indirect effects on both normative inputs and the reward-tension balance. Thus, for example, a structural constraint such as occupational success can lead to changes in interaction with one's spouse and thus alter the reward-tension balance which, in turn, affects dyadic commitment. Similarly, structural constraints may influence one's normative beliefs about the permanency of marriage, and indirectly affect dyadic commitment. Because of the direct and indirect effects of structural constraints on dyadic commitment, structural constraints are regarded as the key dynamic element in Reiss's theory.

In her treatment of the reward-tension balance, she describes this balance as a "force" that "might" affect one's determination to stay in a relationship and that "the quality of a marriage is the balance between the rewards and tensions" (Reiss, 1980, p. 253). However, it appears incorrect to assume that this quality or balance of rewards and tensions is an accurate indicator of dyadic commitment, because a high level of determination or dyadic commitment may also keep a low quality marriage going. Normative inputs refer to a person's norms or belief system. If an individual believes in the idea of marriage as a union for life, such a norm "would increase dyadic commitment in and of itself" (Reiss, 1980, p. 256). This idea of normative inputs appears to be similar to Johnson's (1985) discussion of moral commitment in which Johnson identifies both the internal aspect (a sense of obligation) as well as the external constraints (eg., religious influences) that are imposed.

Under the topic of structural constraints, Reiss (1980) focuses on "nonmarital roles that appear to have a direct impact on marital roles. The expectations and role performances tied to one role may well place limits on what one may do in another role" (p. 257). Reiss (1980) deals with three areas of structural constraints or roles and notes: 1) parental duties--"activities associated with the parental role are: to some degree, negatively related to marital dyadic commitment" (p. 260), 2) occupational success--"we will assume that, on balance, occupational success raises dyadic commitment," and 3) shared ties to kin and friends by husband and wife "should strengthen the dyadic commitment of their marriage" (p. 264).

In referring to parental duties, she links the presence of children to marital dissatisfaction and suggests that lower marital satisfaction contributes to lower dyadic commitment. While it may be true that there are lower expressions of satisfaction with children, it could also be true that if the parents continue with their parental responsibilities, there may be an increased level of dyadic commitment (i.e, determination "to hang in there" and be good parents). Because Reiss feels occupational success is directly related to marital satisfaction and hence to dyadic commitment, she assumes that occupational success will raise dyadic commitment. However, this is not conclusive with her as she also acknowledges that "we are left . . . with little in the way of firm conclusions regarding the relation of occupational success to dyadic commitment" (Reiss, 1980, p. 262). The treatment of shared ties to kin and friends is very brief and dealt with in thirteen lines. Reiss feels that these ties will strengthen the dyadic commitment of the marriage. But in the strictest sense of the definition that she gives, these ties may not affect any change in the person's "determination." Rather, pressures from kin and friends may force or constrain an individual to continue.

Reiss (1980) appears unaware of the differentiation that Johnson (1969) makes regarding personal and behavioral (structural) commitment and the (1969) operationalization of his framework (Reiss notes Johnson's 1969 M. A. thesis in her list of references). Knowledge of Johnson's theoretical perspective could have clarified and facilitated Reiss's theoretical perspective.

Edwards and Saunders (1981), in constructing their model of marital dissolution, build upon Levinger's work and also draw from literature which focuses on the factors associated with marital stability and dissolution. From the various theoretical efforts, Edwards and Saunders (1981) point out that "each of them, either implicitly or explicitly, draws heavily on exchange theory, pointing up the centrality of rewards to be obtained from the marital relationship, the personal profit to be derived outside of that relationship, and the importance of external influences on the perceived nature of the marriage" (p. 380). However, they feel "that the underlying processual [sic.] nature of dissolution has been largely obscured" (Edwards and Saunders, 1981, p. 380) and that the duality of the marital relationship (i.e., there are two marriages, his and hers) has not been given adequate attention. Their dissolution model illustrates the flow of the process of the various components and provides for both his and her aspect of each component. The components flow in the following order: 1) relative premarital heterogeneity, 2) predisposing background characteristics, 3) marital congruity (a global concept intended to encompass dyadic consensus, satisfaction, cohesion, and affectional expression), 4) barriers to dissolution and existing alternatives, 5) the comparison level of alternatives, 6) commitment levels, and 7) the dissolution decision (Edwards and Saunders, 1981).

The topic of commitment is given short treatment. They consider that:

> . . . both the notion of relatedness and involvement implicitly suggest the idea of commitment, the notion in Kanter's words (1972:66) of 'the attachment of the self to the requirements of social relations.' Commitment thus denotes the degree to which the self is identified with the marital relationship. (Edwards and Saunders, 1981, p. 384)

Drawing from Reiss (1980), Edwards and Saunders (1981) also think of commitment as "the determination to continue a relationship which may or may not be equally shared by the pair" (p. 384). Thus commitment is not a direct measure of exclusivity, although a highly committed individual in some instances may forego other relationships due to his or her immersion in their marriage. Rather, they postulate that the level of marital commitment is a "direct function of one's comparison level and goodness of outcomes, and indirectly affected by existing barriers, alternatives, and marital congruity" (Edwards and Saunders, 1981, p. 385). This perspective on commitment, while helpful in their model, lacks definitiveness and requires a theoretical perspective which will incorporate the subconstructs of commitment.

Commitment Theory

Michael P. Johnson's theoretical and empirical study of commitment stresses two components or types of motivations with respect to commitment: personal and structural (initially described as behavioral). Johnson's theoretical and empirical framework was first proposed in his unpublished thesis in 1969. From that time, he has continued to expand and refine his concepts (Johnson, 1973, 1978, 1982, 1984, 1985). With respect to his perspective, Johnson (1985) refers to his system of thought as "commitment theory."

> Commitment theory is based in the assumption that the distinction between 'personal' reasons for staying in a relationship and "structural" reasons is crucial. The most basic proposition of the framework is that one's intentions regarding the continuation of a relationship are a function of feelings of personal dedication to its maintenance and perception of constraints that make it difficult to get out. The term "structural" is used to capture the rootedness of relationships in a larger social structure. (Johnson, 1985, p. 3)

Personal Commitment

Johnson speaks of personal commitment to a relationship as "a continuous variable" and defines "it as the extent to which an individual is dedicated to a continuation of a line of action" (Johnson, 1969, p. 8) "over an extended period of time" (1984, p. 3). He lists four components and uses the term "components of personal commitment" to describe those "personal factors which 'come together' to produce a feeling of 'wanting' to continue a relationship; they are in some sense causes of personal commitment" (Johnson, 1985, p. 4). The four components are: "(1) attraction to one's partner; (2) attraction to the relationship [note; (1) and (2) replace what Johnson (1978, 1984) had earlier spoken of as satisfaction with the relationship]; (3) definition of self in terms of the relationship; and (4) moral obligation to the maintenance of the relationship" (Johnson, 1985, p. 3).

From Johnson's (1984) comments about "satisfaction with the relationship", "pros and cons of the relationship" and how "the relationship becomes intrinsically attractive through its association with positive events" (p. 3), he appears to consider the components, (1) attraction to the partner and (2) attraction to the relationship, as sources of personal commitment.

Johnson also notes the difference between the attraction to one's partner and the attraction to the relationship. Perhaps one may be deeply in love with one's partner while feeling dissatisfied with the relationship--as may be the case in an abusive relationship. Alternately, one could be quite comfortable in a relationship with someone toward whom one does not feel particularly attracted. Levinger (1976) assumed that people stay in a relationship because they are attracted to it and that this attraction is directly related to the perceived rewards (love, status, money, etc.) one receives from the relationship and inversely related to what it is costing one (e.g., time and energy). However, he assumes the "average marriage is likely to show some decline in marital satisfaction over time" (Levinger, 1980, p. 535). Troll and Smith (1976) note that at the beginning of a relationship, attraction is high but attachment is low. "In the course of repeated interaction, however, novelty is gone and attraction reduced, but attachment may have become very strong" (Troll and Smith, 1976, p. 162). They further emphasize that attraction declines as a result of the passing of years and that "husbands and wives show progressive 'disenchantment' over years of marriage" (Troll and Smith, 1976, p. 162). To explain the decline in attraction, Pineo (1961) suggests that a possible reason is the statistical improbability of maintaining a maximal fit--couples presumably start out at a point of maximal possible congruence and therefore can only change for the worse.

Johnson, however, apart from brief theoretical statements about satisfaction and the first two components (attraction to partner and attraction to relationship), does not provide additional information or suggest any ways in which these components could be empirically evaluated. This lack of theoretical clarity could possibly lead to some confusion between attraction to the relationship and Johnson's structural component of alternative attractions.

As a result of postulating that personal commitment can be defined and measured primarily in terms of attraction to one's mate and the relationship and relationship satisfaction, it appears that personal commitment may be treated as little more than relationship satisfaction. Now it may be acceptable to think of structural commitment as a consequence of certain influences, but intuitively, and as Hobart (1963) and more recently others have pointed out (Goltz and Larson, 1986; Stanley, 1986), personal commitment is a construct with the potential to be a powerful force for positive change; a motivation that comes out of a desire for change rather than out of constraint. By treating personal commitment as a consequence, we are missing the motivational aspect, and may be at times measuring the individual's attitudes toward their structural commitment.

It may be this lack of clarity in measuring personal commitment that leads Johnson to assume that "changes in personal commitment after marriage have nowhere to go but down" (Johnson, 1985, p. 30). Such an assumption fails to take into account that many couples make choices (Hobart, 1963) to enhance their relationship by various means (planning more time together, taking classes together, joint projects, marriage enrichment seminars, etc.). In fact, during the difficult challenging times of married life, perhaps more personal dedication (commitment) is required of the participants in order to see them through very trying times.

The third component (definition of self in terms of the relationship) refers to the phenomenon of the individual defining himself or herself in terms of the relationship. An extreme illustration of this is seen in the form of name change that is given to a newly married woman whereby she may feel she has forfeited her own separate identity for the marriage. Others may be "affectively and cognitively enamored, desiring and expecting to see oneself in terms of the enactment of the role and the self-identification emerging from this enactment" (Goffmann, 1961, p. 89; quoted in Johnson, 1984, p. 3). Primary contexts are important for self definition, and for some, they may feel it is very important to maintain that context. No information is given by Johnson as to the type of questions or statements that would illustrate how one's self definition could be used to evaluate expressions of personal commitment.

In discussing his fourth theoretical component of personal commitment, Johnson thinks of moral commitment as an attitude which stems from an "internalized sense of moral obligation to the maintenance of the relationship" that "may be derived from a general moral belief that one ought to finish what one starts; or from moral strictures focused on the maintenance of specific types of relationships: 'Let no man put asunder what God hath joined together' " (Johnson, 1978, p. 3). It is because of this internal locus--this feeling of internal self constraint--that he views moral obligation as a component of personal commitment. However, Johnson (1985) points out that there is also that external aspect of influence when others invoke moral pressures (e.g., religious considerations) to constrain one to maintain a relationship against one's wishes or own moral sense. Such an external sense of constraint or moral obligation would place the resulting sense of commitment in the category of structural commitment. Levinger (1976, p. 28) places "feeling of obligation . . . moral values" in the category of external barriers or forces that tend to keep people in a relationship. Reiss (1980) indirectly supports the notion of both an internal and external locus of moral motivation or influence. She refers to "normative inputs" which suggest an individual's norms or belief system and to "normative support" (p. 257) that comes from external significant others.

Speaking to the fact that moral commitment appears to have both an internal and external locus of control, Johnson (1985) suggests that "it would be clearer to shift to a three-part commitment framework;" personal, structural and moral commitment

(Johnson, 1985, p. 4). Stanley (1986), rather than consider a three part commitment framework, appears to draw from Johnson's idea of personally-motivated moral feelings of obligation and includes the idea of "an internal sense of dedication to stick to what one has agreed to complete" in a category he called "meta-commitment" under his construct of personal dedication (Stanley, 1986, p. 50).

For Johnson's second expression or dimension of moral commitment that results from external influences, Stanley (1986) considers that any external influence or force (social, economic, or moral) that causes an individual to feel constrained, be placed in one of his categories under the subconstruct of constraint commitment. In this instance, Stanley's (1986) category of "morality of divorce" would best describe those individuals who feel "constrained to continue their relationship, regardless of their level of dedication" because they feel divorce is morally unacceptable (p. 47).

Johnson's theoretical insights pertaining to moral issues, lead the way in exposing partially understood issues and concepts. He does not suggest any ways to operationalize his insights about moral commitment and leaves to other authors the challenge of further defining and evaluating moral and religious correlations (causes and consequences) of moral commitment.

Structural Commitment

One very important factor in Johnson's theory and research has been his assumption that the literature pays too much attention to the free-will tradition of American science. In the area of marital stability, he feels there is "a major imbalance" as the literature has over-emphasized "choice to the neglect of constraint" and treated the role of structural commitment "as secondary to personal commitment factors" (Johnson, 1985, p. 18). He believes that most of the commitment research to date has focused on personal commitment, or at least marital quality, which he equates with the "attraction to the relationship" component of personal commitment (Johnson, 1985, p. 18).

In response to this theoretical and research imbalance, Johnson gives most of his attention to support the notion that "the components of structural commitment are a major source of relationship stability" (Johnson, 1985, p. 26). As a result of this emphasis on a behavioral approach to understanding marital commitment, he has constructed a creative model that defines and measures structural commitment.

"It is often the case that when one initiates a line of action, such as participating in a relationship," that the social system "conditions the development of structural commitments in ways which are quite unforeseen by the actor, but which will have to be faced should one's personal commitment to the line of action decline" (Johnson,1985, P. 3). The uniqueness of his structural commitment concept is that it "draws attention to those determinants of behavior which change as a result of the initiation of a line of action, but which induce consistency in behavior" (Johnson, 1978, p. 4). Yet it is realized that there will certainly b e cases where one chooses to discontinue a line of action even in the face of heavy structural commitments. Johnson identified four components of structural commitment that tend to put the individual in a position of "having" to be or remain committed. They are: (1) irretrievable investments, (2) termination procedures, (3) social pressures, and (4) the attractiveness of available alternatives.

"Irretrievable investments are resources that an individual has put into a relationship which are perceived as 'lost' if the relationship ends" (Johnson, 1985, p. 4). Drawing from an illustration by Becker (1960), Johnson points out how the collection of pension funds over time accumulates to a substantial sum that would be forfeited if the employee pursued other employment. The pension fund was there all the time but only became a factor when the employee considered leaving. The development and maintenance of a relationship necessitates "the investment of some time and energy, potentially irretrievable resources" (Johnson, 1978, p. 5). The idea of investment suggests that the individual has given of their personal resources and may be looking for some appropriate future pay-off or benefit to enjoy from the relationship. If their relationship is threatened by termination, will the person feel they have wasted years and have forgone opportunities to have made alternative investments? How strongly this sense of loss will be felt will vary as a function of the length and intensity of the relationship and will also depend on the individual's assessment as to the amount of pay-off or benefits they have realized in the relationship to that point (Johnson, 1982).

"Termination procedures are those immediate actions that must be taken in order to end the relationship, and can differ dramatically as a function of type of relationship" (Johnson, 1985, p. 5). This component of structural commitment seeks to identify how difficult it would be for an individual to terminate a relationship. To end a casual dating relationship, one would need only to refrain from calling. To end a marriage, however, will likely involve tedious explanations to kin and friends, legal hassles, divorce proceedings, relocating, and possible custody disputes if children are involved. In our culture, some religious groups are also implicated in the termination procedures that involve their membership. "The difficulties involved in each of these aspects of termination proceedings commit the partners to the maintenance of their relationship" (Johnson, 1982, p. 12).

"Social pressures are the reactions of others in one's network to the proposed termination of the relationship" (Johnson, 1985, p. 5). This particular type of social pressure is called "social commitment" and it "arises as the result of the initiation of a line of action and . . . militates for its completion or continuation" (Johnson, 1978, p. 6). When a couple develops a relationship, friends may have their life patterns disrupted when this couple's relationship borders on dissolution. In our culture, dating relationships may come and go (within limits) without critical social reaction, but there is the general expectation that one must struggle to maintain the marriage in the face of adversity. Children, relatives, and close friends of a married couple who are contemplating dissolution may be severely stressed by this couple's marriage dissolution. For this married couple, the prospect of dealing with reactions of concern from their children, relatives, and friends might create structural commitments that would contribute to the maintenance of the marriage long after personal commitment has seriously declined. If the marriage did end, an awareness of the social pressures might bring about some form of interpersonal work to make the dissolution more socially bearable (Johnson, 1982).

"Individuals are structurally committed to a relationship to the extent that reasonably available alternatives are unattractive" (Johnson, 1982, p. 10). The "attractiveness of available alternatives is one's perception of the likely structure of one's life should the relationship end" (Johnson, 1985, p. 5). Students who are dating on a campus may end a relationship with full knowledge that there are thousands of other potential partners standing in the wings. On the other hand, a forty-five year old mother of four children who has given up her career for a family must think carefully about the alternatives available to her following a divorce. The scope of these alternatives covers much more than just another relationship--what would the quality of life be like for a mother with young children following a divorce and facing new social, economic and personal changes in her life? Further, her participation and responsibilities as a mother and homemaker for many years in this marriage may have also restricted her access to sources of information concerning possible, alternate lines of action for her. Such a lack of information about available alternatives may further serve to strengthen the wife's structural commitments to her marriage.

Johnson's model of structural commitment suggests that a person is more likely to continue in a relationship, regardless of his or her personal commitment to it or satisfaction with it, if: (1) many unreplaceable resources would be perceived to be lost by ending the relationship (irretrievable investments), (2) the steps necessary for ending the relationship are difficult (termination procedures), (3) the perception of disapproval of kin and friends if the relationship ended (social pressure), and (4) the alternatives to the relationship are less attractive than the present state in the relationship (available alternatives).

In dealing with structural considerations, the issue of the actor's awareness of his/her commitment is considered. Two other theorists, Becker (1960) and Stebbins (1970), emphasized commitments of which the actor was aware while Johnson (1973, 1978) also made reference to that aspect of structural commitment of which the actor may not be aware. "Subjective structural commitment" (Johnson, 1978, p. 4) describes the actor's perception of his/her commitments arising from structural constraints. "Objective structural commitment" (Johnson, 1978, p. 4) speaks of those commitments that affect behavior and which exist independently of the actor's perception, i.e., the actor may not be aware of these constraining or committing influences. From the perspective of an observer, "the actor may be said to be committed whether or not he is fully aware of the commitments he has engaged" (Johnson, 1973, p. 397). Furthermore, it seems that when an individual's personal commitment is very high, that person may not be aware of the objective structural commitments. However, as one's personal commitment declines, and one begins to consider all the steps involved in ending the relationship, one would tend to become aware of and knowledgeable of structural commitments that had previously gone unnoticed.

Empirical Findings and Observations

Johnson reported the results of some of his research which operationalized his theoretical perspective. To measure personal commitment among university students, he used a two-item measure: "1) How long would you like your relationship with your partner to last? and 2) How strongly do you feel about wanting your relationship with him/her to last that long?" (Johnson,1984, p. 9). In this particular study, he examined five categories of relationships: casual dating, regular dating, steady dating, engaged, and married. The mean level of personal commitment was lowest in the casual dating stage, with a "significant increase to regular dating, followed by a dramatic increase to the quasi-official stage of steady dating" (Johnson, 1984, p. 10). From steady dating there was a significant increase in personal commitment to the engagement stage. After the step to engagement, there was a slight decrease (statistically non-significant) in commitment expression by those who were married. Apparently by the time the couples became engaged, they had reached a point of maximum personal commitment (Johnson, 1984). Johnson reported similar research results in his 1978 paper.

Johnson (1978, 1984) has obtained some empirical support for the validity of his components of structural commitment. His measures of structural commitment discriminate between various stages of relationship development "generally showing a steady increase in commitment [from going steady] at least through engagement and generally through marriage" (Johnson, 1978, p. 10). For example, married respondents scored higher on a measure of social pressure to continue the relationship and higher on a measure of irretrievable investments than did dating or engaged subjects, and engaged subjects indicated awareness of more social pressure than did dating subjects. This research greatly adds to our understanding of structural commitment as it demonstrates that "people in relationships that are theoretically more structurally committed (e.g., marriage) can be discriminated from people in less structurally committed relationships on measures of these constructs" (Stanley, 1986, p. 16).

Johnson (1978) is aware that much of his discussion centers "around a somewhat vague, global commitment to the continuation of a relationship" (p. 11). Knowing that relationships do change, he feels that the phrase "commitment to a relationship" needs to be examined more thoroughly. In addition to this, we note that the phrase "commitment to one's spouse" also needs clarification, both with respect to its meaning and how it is different from or similar to "commitment to a relationship."

One important area; however, that requires further study is the interactional effect between personal and structural commitment. From his study on the stages of relationships, Johnson (1973) seems to suggest that personal commitment in some way motivates the individual to chose the next relationship stage. Upon recognition of being in a new stage, the increased structural constraints would probably only further serve to strengthen the personal resolve. He implies that if an individual were to move from the serious dating stage to engagement, that it would be dissonant to not feel that they were also becoming more personally committed. Johnson (1973) gives only passing reference to the potential positive effect of personal commitment when he suggests that it is possible in extreme levels of personal commitment that married individuals may not be attuned to cost commitments. More recently, Johnson (1985) points out that an individual's intention to continue in a relationship is "a function of feelings of personal dedication . . . and perception of the constraints which make it difficult to get out" (p. 3). Perhaps structural commitment plays a large part in marital stability when personal commitment is low. But it may also be that when personal commitment is high (and redefined so as to include the idea of motivation, choice and positive change), the effects of structural commitment may be negligible, having little or no effect on relation stability, regardless of whether the structural commitment is very high or very low.

Although his work pertaining to personal commitment requires further theoretical and research clarification, Johnson's commitment theory provides us with a framework and a standard by which we can examine other commitment research. Some of this lack of clarity between the relationship of personal and structural commitment may be clarified by recognizing that both of these subconstructs are related to the actor's subjective psychological evaluation of what the actor interprets as commitment. There really is only one awareness of commitment in the actor. The prompting source of this cognitive awareness may seem to come from either within the individual (personal commitment) or may appear or feel to be imposed from without (structural commitment).

Social Exchange Theory

Social exchange theory has produced a number of interesting discussions and valuable research on commitment. This theoretical system developed by Thibaut and Kelley (1959) presents an economic model in which relationship partners exchange behaviors and evaluate their outcomes by considering several factors. Levinger (1979) highlights the two factors:

> Thibaut & Kelley assumed that interactants evaluate the goodness of their outcomes against two standards: the comparison level (CL), which refers to the average value of all outcomes one has experienced in a comparable situation; and the comparison level for alternatives (CL alt), which is the level of outcomes expected in one's best currently available alternative to the present relationship. (p. 171)

"The individual's comparison level is the standard against which the attractiveness of a relationship is evaluated (Rusbult, 1980, p. 173). The comparison level is the participant's generalized expectation for relationships of a similar type which is based on previous experiences (Levinger, 1979). To illustrate this, an individual will remain in a marriage when rewards exceed costs, and when these outcomes seem favorable in comparison to what is generally expected by him/her from similar relationships.

In the exchange model, an individual may also evaluate their outcomes in comparison to "the lowest level of outcomes a member will accept in light of available alternative opportunities in other relationships" (Kelley and Thibaut, 1978, p. 9). The term comparison level for alternatives (CLalt) describes this lowest level of outcomes that he/she will accept and is essential for explaining the stability of relationships within social exchange theory. The level of CLalt is used to determine whether or not the current relationship will be maintained, and it is also used to explain dependency in relationships in that some people stay in unsatisfactory relationships primarily because alternatives are perceived as unattractive or nonexistent. Theoretically, if the current relationship outcomes fall below one partner's CLalt, that partner will end the relationship in order to adopt the alternative.

Johnson (1985), in reference to Kelley and Thibaut's leading work in this area, points out that their work with comparison levels of alternatives supports his concept of structural commitment. Kelley and Thibaut (1979) appear to agree with Johnson when they speak of an individual being "required to remain in the present less rewarding relationship because the social, emotional or legal costs entailed in moving to the better alternatives are too high (his CLalt is low)" (p. 71). About their design, Johnson (1985) concludes: "It follows, then, that Thibaut and Kelley's CLalt is a function of all of the structural commitment concepts in the commitment framework. To put the relationship formally, CLalt = attractiveness of available alternatives - (irretrievable investments + social pressures + termination procedures)" (p. 11).

Building upon the social exchange theory (and modifying economic considerations), various authors have produced interesting discussions and research on commitment. As noted earlier, Levinger (1980) viewed commitment as "an explicit pledge of the continuity of their pairing" in which one "is willing to decrease the attractiveness of completing alternatives" (p. 532). Within Levinger's context and social exchange theory, Udry (1981, 1983) developed and used a measure of the "respondents' perception of how much better or worse off they would be without their present spouse, and how easily that spouse could be replaced with one of comparable quality" (Udry, 1981, p. 889). His measures of alternatives include both an assessment of the perceived ease with which a spouse could be replaced and an assessment of how much better or worse off the respondent would be economically, without his or her spouse. In his short longitudinal study, Udry (1981) found that "marital alternatives are better predictors of disruption than is marital satisfaction" (p. 896). However, Stanley (1986) points out that the research is potentially flawed by the use of a questionable measure of relationship satisfaction. Yet the important finding is consistent with theorizing about the relationship between alternatives and relationship stability: individuals who perceive that they have less attractives alternatives to their marriage are more likely to feel constrained to remain in those marriages.

Leik and Leik (1977) define interpersonal commitment as an "unwillingness to consider any exchange partner other than that (those) of the current relationship. . . . If commitment is present, monitoring of alternatives has ceased (p. 302). From an exchange theory viewpoint, they feel that commitment results when mutual reinforcement takes place in the relationship such that the outcomes meet or exceed the expectations of both spouses, and both spouses cease to monitor alternative reward/cost ratios. From this viewpoint, commitment appears to be a product of mutual reinforcement, dependent upon a social environment that is largely devoid of potentially rewarding alternatives. This limiting view of commitment fails to account for the "wanting to" or personal dedication aspect of commitment.

Scanzoni (1979), in his theoretical description of progressive interdependence in relationships, describes the three stages that individuals go through in forming relationships; exploration, expansion, and commitment. In a vague way, he conceives of commitment as a construct that may be defined as " 'the degree to which persons feel solidarity with or cohesion with an association' " (Scanzoni, 1979, p. 87). He views the commitment stage as being in a state of "permanent process" as the relationship arrangement "may be undergoing continual change" (Scanzoni, 1979, p. 87). In this process, commitment is advanced because the participants have been able to negotiate an optimum balance of long-range and short-term interests beneficial both to participants and the association. His view "excludes the Leik and Leik (1977) notion that alternatives ever become irrelevant" and the opposite extreme in which there is "continuous shopping" (Scanzoni, 1979, p. 87). He feels that most persons in committed relationships have an awareness of the market without constant testing. Thus, he sees commitment as a continuing process rather than a static state and considers the notion of permanent process as theoretically much more meaningful than and preferable to describing the commitment stage as being stable. Apart from his brief theoretical postulation, Scanzoni appears to be unaware of Johnson's (1973) earlier recognition and operationalization of commitment as a continuous variable.

Scanzoni and Arnett (1987) define commitment as the "degree of willingness to work toward continued and future maintenance of one's marriage or close relationship" (p. 137). They consider various factors or variables that may influence and further explain marital commitment. Some of the factors they consider are gender role orientations and religious devotedness. For operationalizing their definition, they use Spanier's (1976) measure of marital commitment wherein the respondent chooses from one of six sentences which describe how he/she feels about their marriage succeeding and their intentions as to what they will do about it succeeding (actually, they use the 1974 question format of Dean and Spanier in which the word marriage is used in place of relationship). Their research results for some of the factors indicate "that the greater the religious devoutness of both husbands and wives, the greater their commitment to marriage" and . . . "With only one exception, . . . the more "modern" husbands and wives are in their views of gender roles [i.e., comprehensive role interchangeability according to contemporary patterns], the less their commitment to marriage" (Scanzoni and Arnett, 1987, p. 147). Basically, they compare the relationship of commitment (having only one measurement of personal commitment) with several independent variables.

However, while Scanzoni and Arnett arrive at these results, an examination of their theoretical basis reveals considerable confusion because of their misinterpretation of Becker (1960) and their lack of knowledge of the subconstructs of commitment: personal dedication and constraint. In confusing Becker's (1960) comments about values and side bets, Scanzoni and Arnett (1978) state that ". . . to be more committed" means being "(. . . willing to work harder at maintaining their relationship into the future, based on the "bet" that if they do so it will continue to be rewarding)" (p. 138), and infer elsewhere that Becker was talking about "how unfavorable a reward/cost ratio one might tolerate while remaining committed to a relationship" (p. 139). However, Becker was not referring to a social exchange ratio. He was emphasizing how a knowledge of values will help one to understand the kind and the extent of the influence of side bets that constrain one to remain committed, often contrary to personal attitudes or feelings. Had they realized that Becker was essentially talking about side bets as constraint (structural) commitment, they may not have used and operationalized a definition of commitment which only measured personal dedication. Although they include Johnson's (1973, 1978) works in their reference list, they appear to be unknowledgeable about his clarification of side bets and commitment.

Cooke and Emerson (1978) give what Johnson (1985) refers to as a purely behavioral definition of commitment in that:

> An actor is said to be committed to another actor in the network to the extent that choice of current exchange partner, from among alternative partners can be predicted from previous partnerships. To the extent that commitments form, the exploration of alternatives is curtailed. . . . At the attitudinal level, commitment would involve irrationality in the short-run sense of ignoring better alternatives in favor of staying with old partners. (Cooke and Emerson, p. 728)

Thus when commitment is present, there is a degree of loyalty and outcomes that is not routinely being compared to alternatives.

In speaking about the idea that commitments lead to the curtailment of alternatives, Johnson (1985) feels that this curtailment may occur "only when there are high levels of personal commitment" (p. 12). However, when one is not personally committed to a relationship, but is structurally committed, Johnson feels that the search for alternatives may intensify because one is aware that only a highly attractive (and presumably therefore rare) alternative would be worth the costs of termination imposed by one's structural commitments. Stanley (1986) points out that: "It seems reasonable simply to suggest that the level of alternative monitoring might be taken as an indicator of the present level of personal dedication to the relationship" (p. 22).

While Cook and Emerson do not use the language of the commitment framework, they appear to describe influential forces in a manner quite consistent with Johnson's personal and structural commitment (and Stanley's personal dedication and constraint) framework. Cook and Emerson (1978) state that any purely economic analysis (based on the assumption of perfectly competitive market conditions) will be flawed as long as social actors are drawn into repetitive exchange with one another "whether through reciprocal reinforcement in casual interpersonal attraction, through institutional arrangements such as marriage or long term employment contracts, or through collectively enforced systems of obligation such as kinship systems" (p. 737). The influential force of "attraction" can be linked to Johnson's (1978, 1982, 1985) idea of satisfaction and personal commitment; "institutional arrangements" and "collectively enforced systems" appear similar to some of the concepts Johnson described with structural commitment. What Johnson views as components of commitment, appear to be seen as antecedents of commitment by Cook and Emerson. However, Johnson (1985) also spoke of these components as being "in some sense causes" (p. 4) of commitment. It is important to note that these theorists link similar processes to commitment.

Murstein and MacDonald (1983) also discuss commitment within the exchange theory context. They considered "exchange orientation" as an "attitude and/or personality dimension" (Murstein and MacDonald, 1983, p. 297) and used this concept to describe relationships. Individuals with high exchange orientations for relationships feel that their outcomes ought to be proportional to their inputs, i.e., they are keeping score. An individual with a low exchange orientation is not actively keeping account of the return on their investments (in certain relationships).

In their study of married individuals, they used measures of exchange orientation and commitment that they had developed. Recognizing that commitment can be defined and used in a number of ways, Murstein and MacDonald (1983) used commitment to reflect "a tendency to place the relationship with the spouse beyond the effect of any given negative act and to feel a sense of permanency about the relationship" (p. 299) . . . and defined commitment as involving "both permanency as well as a sense of attachment to the spouse" (p. 302). The questions they used to tap commitment appear more consistent with the construct of personal commitment or dedication than with structural or constraint commitment, e.g., "I feel a strong sense of responsibility for my spouse," "I would give up almost anything for my spouse" (Murstein and MacDonald, 1983, p. 302).

Their research results indicated negative relationships between exchange orientation and both commitment and marital adjustment. This is consistent with the contention of Cook and Emerson that commitment is not consistent with a competitive market wherein outcomes and alternatives are under active scrutiny. Murstein and MacDonald found that men scored higher than their wives on exchange orientation and lower than their wives on commitment. As well, wives' marital adjustment scores could be predicted nearly as well from either the wives' own or husbands' exchange and commitment scores, while husbands marital adjustment scores were "more strongly associated with their own exchange and commitment scores than those of their wives" (Murstein and MacDonald, 1983, p. 297).

Rusbult (Rusbult, 1980; Rusbult, Zembrodt, & Gunn, 1982; Rusbult, 1983) labeled her theoretical system "the investment model," within which commitment is a central concept. Following interdependence theory and according to her investment model, "an individual's commitment to maintain a relationship should increase to the extent that he or she is satisfied with that involvement, has no acceptable alternative, and has invested in it heavily" (Rusbult, 1983, p. 103). She defines commitment as "the tendency to maintain a relationship and to feel psychologically 'attached' to it". . . . and feels that her definition "includes two categories of definition advanced by other authors: behavioral intent and psychological attachment . . ." (Rusbult, 1983, p. 102). While she suggests that her definition includes Johnson's concept of behavioral intent (the forerunner of structural commitment in Johnson's theory) as well as psychological attachment (which Johnson (1985) feels is comparable to personal commitment), both Johnson (1985) and Stanley (1986) feel that her measures of commitment limit her focus to the aspect of personal dedication. Johnson (1985) points out that her description of "intent commitment" and "attachment commitment" is confusing as both personal commitment and structural constraints "influence the individual's intent to stay in the relationship" (p. 13). Johnson (1985) feels that the investment model would be improved by a clearer conceptualization and measurement of commitment.

Rusbult's measures of commitment tap the following dimensions: how likely will you end your relationship, how long would you like your relationship to last, to what extent are you 'attached ' to your partner and committed to the relationship, and how attractive would your alternative have to be for you to end your relationship (Rusbult, 1983). Her research explored the ability of her investment model variables to predict levels of commitment to maintain relationships. In considering three predictors of commitment she found that: "Greater satisfaction and investment size and poorer alternatives promoted higher levels of commitment for the overall sample" (Rusbult, 1983, p. 103). In considering these three predictors, it can be noted that 'satisfaction' can be placed in the category of personal dedication or commitment and 'level of investment' and 'available alternatives' can be considered as constraint determinants of relationship stability (Johnson, 1985). Hence, what Johnson (1985) considers as components and having a "causal relationship" (p. 5) to commitment, are viewed by Rusbult as predictors of commitment and relationship stability (in much the same way that Cook and Emerson (1978) discuss antecedents of commitment in relationships).

Rusbult's three published reports describe seven different studies, all generally supportive of her predictions about the relationship between commitment, investment, alternatives, and satisfaction (Rusbult, 1980; Rusbult et al., 1982; Rusbult, 1983). Her studies included role-play, retrospective reporting, and a seven month longitudinal study with 34 undergraduate students. While there are some inconsistencies across studies (Stanley, 1986), and while it is recognized that her findings are more complex than implied here, the results in these studies are generally as follows: satisfaction and investment were positively associated with commitment; alternative quality and commitment were negatively related; "greater rewards . . . encourage higher levels of commitment", and "Over time, rewards increase, costs increase, satisfaction increases, alternative quality declines, investment size increases, and level of commitment increases" (Rusbult, 1983, p. 114).

Her 1983 longitudinal study describes interesting differences between subjects who experienced different relationship outcomes. Over time, "leavers" (those who go on to leave their partners) showed a pattern of slightly increasing rewards, greatly increasing costs, declining satisfaction, improved alternative quality, decreasing investment and declining commitment. On the other hand, "stayers" showed a pattern of increasing rewards, slightly increasing costs, increasing satisfaction, declining alternative quality, increasing investment, and increasing commitment. Individuals who were abandoned "evidenced an intriguing pattern of change over time, a pattern of change that could be termed entrapment" (Rusbult, 1983, p. 115). They showed few increases in rewards, increases in costs, lower increases in satisfaction than stayers, and declining alternative quality, but with a continued heavy investment in the relationship. These entrapped individuals tended to stay in the relationship until their partner dropped them. These results are consistent with the concept that constraints tend to keep people in unsatisfying relationships. As expected, these constraints (increasing investments and declining alternatives) generally increased over time in the relationship, consistent with Johnson's (1978, 1984) findings that constraints were greater at advanced relationship stages.

In addition to studying satisfaction levels, alternative quality, and investments as predictors of commitment and relationship outcomes, Rusbult (1983) investigated the relationship between these factors and responses to dissatisfaction in relationships. Subjects who had been more satisfied with their relationships and who had invested more (emotionally) in them, were likely to respond to future dissatisfactions by either actively working to correct the problem or by remaining passively loyal to the relationship. At times of major dissatisfaction with the relationship, subjects who had been less satisfied and had invested less in their relationships were more likely to stay, but neglect the relationship, or simply leave the relationship altogether. Although the evidence was weak, better alternatives promoted exiting the relationship and inhibited the ability (or desire) of subjects to remain loyal to their partners.

In summing up some of the important aspects of Rusbult's work, her findings provide interesting evidence regarding the process by which satisfaction and commitment develop and deteriorate over time. Also, those factors which relate to constraint commitment (investment and the attractiveness of alternatives) are useful in predicting the individual's desire to continue his or her relationships and their responses to distress in relationship. The factors have yielded predictable but varying patterns among subjects in relationships. While Johnson (1985) considers Rusbult's investment model as being "in most respects parallel to the commitment framework" (p. 14), he has argued insightfully that the investment model could be improved by clearer conceptualization and measurement of commitment. Stanley (1986) points out that "Rusbult has done much to integrate a number of slippery concepts into one theoretical system, and her work is valuable to the field" (p. 28).

Sabatelli and Cecil-Pigo (1985) seek to examine the relationship between commitment and relational interdependence within a social exchange perspective. Their main hypothesis is that several indicators of relational interdependence will be positively correlated with a high degree of relational commitment "as measured by low levels of monitoring of alternatives and high levels of cohesion and solidarity" (Sabatelli and Cecil-Pigo, 1985, p. 931).

They describe relational interdependence as being "characterized by high levels of satisfaction, equity, and the development of internal and external barriers to the dissolution of the relationship" and consider commitment as being "reflected in the members of a marital dyad experiencing high levels of cohesion and engaging in relatively low levels of alternative monitoring" (Sabatelli and Cecil-Pigo, 1985, p. 932).

Their research results indicate that husbands scored significantly lower on commitment than did wives, thus reflecting what may be considered as a lower degree of cohesion (e.g., "I often feel constrained by our relationship") and perhaps suggesting that alternatives to the marital relationship are monitored (e.g., "If I had it to do over again, I would probably marry someone else.") (Sabatelli and Cecil-Pigo, 1985, p. 933). Their measure of commitment contained only six questions. Not knowing the content of the other four questions and lacking specific information about the statistical analysis of the six questions, one is left with considerable uncertainty as to what commitment was really measuring (e.g., is it feelings of constraint or the consideration of alternatives, or other concepts?).

Length of time married and the strength of religious beliefs correlated positively with the perceived barriers to the dissolution of the relationship for both husbands and wives. For husbands, the number of children and the presence or absence of children were both significantly correlated with barriers, but not so for wives. Their results suggest that the presence and number of children may weigh more heavily as factors influencing the barriers to the dissolution of a relationship as experienced by husbands as compared to wives. When multiple regression analyses were carried out separately for husbands and wives, it was found that relational equity, satisfaction, and the presence of children were all significant positive factors in predicting husbands' commitment, and that relational equity, satisfaction, and a measure of global barriers to relational dissolution were all significant positive factors in predicting wives' commitment.

Their multiple regression analyses suffer because of poor theoretical development among the independent measures even though statistical co-linearity is supposedly controlled. The fact that "a number of the independent variables were highly correlated with each other" (Sabatelli and Cecil-Pigo, 1985, p. 935), may have indicated that there could be a possible theoretical flaw. However, they justify this high correlation. Perhaps they have, to some degree, used statistical controls to justify a design lacking in theory. It is unfortunate that Sabatelli and Cecil-Pigo make no mention of Johnson's paradigm. If Johnson's commitment paradigm is theoretically sound, their results might be considered as being a multiple regression of theoretically related commitment measures, any of which could have been used as a dependent variable.

Sabatelli and Cecil-Pigo (1985) conceptualize interdependence, the independent variable, "as a pattern of exchange that contributes to the maintenance of intimate relationships" and is "indicated by [1] high levels of outcomes (or satisfaction) derived from a relationship, [2] equity experienced within a relationship, and [3] the presence of strong barriers to the dissolution of the relationship" (p. 931). The consideration of relationship satisfaction may be compared to one of Johnson's (1984) measures of personal commitment. The questions used by Sabatelli and Cecil-Pigo (1985) to

> indicate the respondent's perceptions of internal and external constraints or barriers to the dissolution of the marital relationship were along the line of moral proscriptions against divorce and feelings of obligation to the marital bond and dependent children (e.g., 'I strongly believe that marriage is forever.'). External constraints were assessed by items that centered on family and social pressures and the loss of marital or economic status (e.g., 'My parents would be extremely upset if we were to get a divorce.'). (p. 933)

From these examples, it is evident that they include under the term 'barriers,' concepts or components that Johnson (1984) would relate to both structural commitment (social constraints and irretrievable investments) and personal commitment (moral obligation). As compared to Johnson's commitment theory, further confusion arises from the fact that Sabatelli and Cecil-Pigo, (1985) define "relational commitment," the dependent variable, so as to include "the degree to which the alternatives to the marital relationship are monitored" (p. 933), while Johnson (1985) considers available alternatives as being a component of structural commitment. Within the social exchange perspective, this study is partially successful. But considering the context of Johnson's work and his clearer conceptualizing of commitment, the theory of Sabatelli and Cecil-Pigo and the operationalization of their dependent and independent variables require further refining.

In a more recent study, Sabatelli and Pearce (1986) consider marital expectations and how they correlate with other variables, two of which are: barriers to marital dissolution, and relational commitment. Relational commitment and barriers to marital dissolution are defined and measured as they were in Sabatelli's and Cecil-Pigo's (1985) study. Sabatelli's and Pearce's (1986) findings indicated that the correlations between expectations and importance suggest that sexual activity, partner's physical attractiveness, and commitment stand out in particular. With regard to commitment, this means that as the importance attributed to commitment increases, so does the expectation that a high level of commitment is deserved.

In exploring the discriminators of expectation levels, Sabatelli and Pearce (1986) find that women who expect a great deal from their relationship tend to be somewhat more committed, younger, in a first marriage, view their family of origin as somewhat happier, and have relatively lower income levels. Husbands with relatively higher expectation levels tend to be somewhat older, more committed, more highly educated, have more children, perceive more barriers to the break-up of their marriage, view their family of origin as somewhat happier, and have fewer complaints than men with lower expectation levels. Thus, those men and women with higher commitment levels generally expect more from relationships. However, from a Johnsonian (1985) point of view, because Sabatelli and Pearce (1986) use a variable entitled "fewer complaints" which appears to tap measures of satisfaction (a component of Johnson's personal commitment), and define commitment and barriers in such a way as to include a number of the components that Johnson (1985) includes in his two categories of commitment, personal and structural--two criticisms can be made about the discriminating findings. First, the fact that women do not include among their discriminators of expectation levels any reference to barriers and fewer complaints, and have only the one variable noted as commitment--in effect, they do not appear (from a Johnsonian viewpoint) to express the high commitment level that Sabatelli and Pearce (1986) assume. With regard to the husbands, because the men have fewer complaints, commitment, and barriers in their discriminators of expectation levels, they appear from a Johnsonian framework to suggest a high level of commitment. Consistent with Johnson's (1985) findings that structural commitment increases as the relationship stages advance, the age differences between the husbands (somewhat older) and wives (younger) would suggest support for Johnson's theoretical approach. Also, the measure of happiness of family of origin may tap some of the predisposing factors that Clayton (1975) and Edwards and Saunders (1981) feel may contribute to one's level of commitment. While Sabatelli's and Pearce's (1986) work is partially successful within the social exchange perspective, the inclusions of Johnson's (1985) theoretical perspective would have resulted in greater clarity with respect to accurate commitment measures.

Michaels, Acock, Edwards (1986) draw from Johnson's (1982) commitment theory and use the social exchange perspective to investigate how relational commitment relates to: 1) relationship outcomes relative to a) attractiveness of alternatives,
b) relationship satisfaction, and c) relationship duration;
2) relationship equity; and 3) to determine if males are more

committed than females. Michaels et. al. (1986) "define commitment as one's desire and intent to maintain, rather than terminate, a relationship" (p. 162) and consider personal commitment as being based on one's satisfaction with the relationship. In turn, satisfaction is determined by outcomes (rewards/costs), and outcomes relative to comparison level (CL) and relationship fairness and equity. However, this application of Johnson's (1982) theoretical perspective on personal commitment is only partially complete. Satisfaction is only one of the components of personal dedication that influences the desire to continue, the other two being a sense of obligation (moral commitment) and self definition (note: Johnson (1985) replaced the component of satisfaction with attraction to one's partner and attraction to the relationship). The importance of making this distinction or emphasis is that Johnson (1982) is aware that satisfaction by itself is not a complete explanation of personal commitment, but it is a "major component of personal commitment" (p. 5) along with the other two "major" components.

Michaels et. al. (1986) differentiate between commitment as an individual-level variable and relationship stability as a group-level variable, and emphasize that "relationship stability requires commitment from both partners. (p. 162). Their study focuses on individual commitment to the relationship and is measured by two items that ask the respondent to estimate a) how likely it is that he/she would break off their relationship (extremely likely . . . to extremely unlikely) and b) the probability of their partner breaking it off. As such, these commitment items do not appear to tap any expression of desire, but they do reflect intent, of which Johnson (1985) feels "is a function of both personal and structural commitment" (p. 13). In their study, relationship satisfaction and duration is measured by one question, while items that tap outcomes, and outcomes minus the comparison level of alternatives, provide the major social exchange determinant of commitment, a ratio of positive outcomes to alternatives.

From the answers of 273 undergraduate respondents who were dating on e person exclusively, Michaels et. al. (1986) carried out three separate multiple regression equations to control for possible co-linearity among three separate measures of the outcomes/alternatives variable. They found that all three equations supported their hypothesis that relationship commitment is a direct function of relationship outcomes. The four main predictors of commitment in these equations (duration, outcomes (OC), outcomes (OC) minus comparison level of alternatives (CLalt), and satisfaction), all have significant independent effects on commitment. Duration modestly correlates (0.14) with commitment, and outcomes highly correlate (0.75). The more one's OC exceed CLalt the greater the commitment to the relationship. Satisfaction, with the highest zero order correlation with commitment (0.61), has the strongest independent effects on commitment. Their research results did not find a significant independent negative effect of inequity on commitment, nor did they detect significant main effects for gender on commitment.

While they did not evaluate all of Johnson's (1982) components of personal commitment, Michaels et. al. (1986) considered that their three variables; satisfaction, outcomes, and inequity measured personal commitment and that structural commitment was measured by two variables; comparison level of alternatives (CLalt), and relationship duration as a type of irretrievable investments. All these variables except inequity were found to affect commitment. While this research tended to treat commitment as a synonym of stability, this study does lend support for Johnson's (1982, 1985) commitment framework and for the use of social exchange concepts to help explain relationship commitment.

Consistency Theory

Many of the ideas discussed in the social psychological literature can be found in relationship literature as well, especially concepts that facilitate understanding the forces or influences that contribute to consistency in human behavior. Kiesler (1971) considers commitment as "a behavioral phenomenon which effectively freezes attitudes or makes them more resistant to change" (p. 142). He presents a view of commitment based on the need of individuals to maintain consistency between thought and action. His definition of commitment is "the pledging or binding of the individual to behavioral acts" (Kiesler, 1971, p. 30). He feels that one's behavior is "in a sense" the real man and that it is through behavior that one is committed--rather than through or by one's attitude--as attitudes may be fluid at times and are not always thought out. Having performed previous behaviors, individuals seek to reduce inconsistencies in their lives by bringing present attitudes and behavior in line with past behavior. Because attitudes are more fluid than past behavior, they are likely to be changed so that they are consistent with past behavior. Thus, past behavior constrains one to a specific line of action or attitude that is consistent with that behavior. From his statistical summary and comparison of a number of experiments, Kiesler (1971) assumes that one may increase the degree or level of a person's commitment by: the explicitness of the act (public and unambiguous), the importance of the act for the person, the degree of irrevocability, the number of acts performed, and the degree of volition (the more freedom one has, the more one is tied to the behavior).

Rosenblatt (1977) acknowledges the importance of the distinction between commitment resulting from personal dedication, and commitment expressed as conformity to external pressures. However, while his definition of commitment is primarily expressive of a motivational attitude of personal dedication--"*an avowed or inferred intent of a person to maintain a relationship*" (Rosenblatt, 1977, p. 73, 74), much of his discussion highlights external or social pressures that influence a person to move toward consistency.

In his application of consistency theory to a discussion of commitment in relationships, Rosenblatt (1977) feels that marital stability and commitment will be positively associated with marriage ceremonial effort and publicity, and the investments of time and money in the relationship. When people have invested in a relationship, there is a press (constraint) to have attitudes consistent with the actions one has taken. Thus, the constraint that arises from previous relationship actions influences the person to be consistent in his/her maintenance of or commitment to the relationship. It is clear that Rosenblatt (1977) touches upon concerns that are identified by Johnson (1985) as being components of structural commitment. Rosenblatt (1977) does not report any research or suggest any operationalization for his definition, but he does suggest nineteen possible research topics for studying commitment within the context of consistency theory.

Other Theorists

Stebbins (1970) sought to provide theoretical clarification about misunderstandings surrounding the concept of commitment. He postulated that the idea of commitment contains within it

> . . . two distinct, albeit related, dimensions, which are, with very few exceptions, unintentionally fused when one or the other is treated alone. These two dimensions, although known by other names, may be called value commitment and forced or continuance commitment. (Stebbins, 1970, p. 526)

Value commitment is defined as a frame of mind that arises from the presence of subjectively defined rewards associated with a particular position or social identity in which the person finds or hopes to find himself/herself. The essence appears to be that there is an attraction involved because of some rewards, and that reward could also be the absence of certain costs or penalties. In contrast, continuance commitment is seen as a psychological state that arises not from the presence of rewards, but "from the presence or imminence of subjectively defined penalties associated with the attempt or desire to leave a specific position" (Stebbins, 1970, p. 527). Stebbins feels that he can equate his concept of continuance commitment with that of Becker's (1960) side bet commitment.

Stebbins, unaware of Johnson's (1969) unpublished thesis, has in essence identified to some measure, two aspects of Johnson's personal commitment perspective (satisfaction with the relationship and sense of personal identity). As well, Stebbins' discussion of continuance commitment is from the same mold as Johnson's (1969, 1973, 1978) structural commitment concept.

Dean and Spanier (1974) investigated the concept of commitment as a possible variable that might contribute to marital stability and adjustment. They felt commitment had an indirect effect on marital stability through its positive relationship with relational cohesion. Commitment, for the purposes of their investigation, was defined "as the strength of an individual's desire and determination to continue a particular marital relationship" (p. 113). To measure the varying degrees of commitment, they had the respondent choose from one of six possible statements that ranged from: "I want desperately for my marriage to succeed and would go to almost any length to see that it does" to "My marriage can never succeed, and there is no more that I can do to keep the marriage going" (Dean and Spanier, 1974, p. 114). With respect to the effectiveness of their scale, the authors state that "In future research, there should of course, be an attempt to improve the ad-hoc commitment scale utilized in this sample" (Dean and Spanier, 1974, p. 117).

Dean and Spanier found a significant positive relationship between personal commitment and marital adjustment for the individual scores of both husbands and wives. However, because "the correlation of marital adjustment scores between husbands and wives was considerably less than unity" (Dean and Spanier, 1974, p. 116), their research was limited to analyzing individual rather than couple scores. Although one "might fervently wish for a "pair" score" (Dean and Spanier, 1974, p. 116), the averaging of couple scores did not provide an understanding of the discrepancy in perceived commitment between husbands and wives. The matter of couple scores has not received extensive treatment in the literature but holds promise of being able to help in understanding how a structurally committed couple may differ from a personally committed couple, and how individual expressions (either personal or structural) may affect the couple's measure of commitment.

Spanier along with others (Lewis, Spanier, Atkinson and LeHecka, 1977) examined personal commitment among engaged noncohabiting couples, cohabiting unmarried couples, and married cohabiting couples. The Lewis (1973) Dyadic Formation Inventory was used to estimate the degree to which a pair had formed a comprehensive dyad, through indices which measured their pair commitment and commitment toward marriage, boundary maintenance, couple identity and dyadic functioning. Their findings indicated for males and females that "unmarried cohabitants were significantly less committed to marriage than the engaged and married respondents," and "were as personally committed to their partners and relationships as were the engaged respondents, although significantly less committed than the married persons" (Lewis, Spanier, Atkinson and LeHecka, 1977, p. 370).

Correlates of personal (pair) commitment were obtained for the three groups both collectively and separately. From 35 original variables included in the study, they reported on "only the most significantly related correlates" (Lewis et. al., 1977, p. 370). For married individuals, couple happiness, length of acquaintance and fathers' occupation correlated significantly with pair (personal) commitment. These correlates are considered as concomitants rather than determinants of commitment as "the data do not allow a causal analysis" (Lewis et. al., 1977, p. 371). In addition to the interactional variables associated with pair commitment, at least one social background variable emerged as a predictor in each regression. For married persons, this predictor variable was the fathers' occupational status. It is also interesting to note that "the cohabitants' determination to remain together as a couple seems to be largely predicted upon the current quality of their relationship" (Lewis et. al., 1977, p. 372), whereas for married couples, couple happiness and length of acquaintance appeared as the two strongest correlates of commitment. It is important to note that this work represents one of the earliest efforts to consider correlates and predictors of commitment.

When Lewis et. al. (1977) speak of personal commitment and refer to it as pair commitment, reference is made to Lewis's (1973) Dyadic Formation Inventory. He constructed this scale in an attempt "to measure pair commitment, defined as a couple's determination to continue their relationship" (p. 209). The 12 items (previously there were 13) that measure expressions of pair (personal) commitment are summarized as follows: three questions ask about a 1) temporary, 2) complete, or 3) fantasy break in your relationship, 4) what are the relationship annoyances, 5) what do you want to change in your partner, 6) what things does the other person do that you would not want your children to do, 7) do you wish you had never met the other person, 8) if you could live your life over, would you date that person again or a different person, 9) how long have you known your spouse, 10) the frequency of dating, 11) highest dating/marital status, 12) the level of commitment (in answering, the respondent is restricted to circle one of the following statement): "that other person and I have: [1] no commitment to each other, [2] an informal (unspoken) understanding to be married someday, [3] a formal (definite) understanding to be married someday, [4] a day already picked for our wedding, [5] been married" (Lewis, 1973, Dyadic Formation Inventory).

From examining the questions, it appears that none of them tap any expression of "determination to continue" a relationship. The one question (noted as number 12) that has the word commitment, treats commitment as a dichotomous variable and appears to be measuring the consequences or results of commitment--and not an expression of determination. These 12 questions probably best tap some factual information about the growth of the relationship and some measure of present feelings of satisfaction about the relationship--not expressions of determination to continue. As well, these questions do not appear to measure expressions of commitment toward marriage (i.e., a determination to continue the marriage). Perhaps it is because of these shortcomings that the majority of theorists dealing with commitment make no mention of this inventory.

Lund (1985) explored two possible explanations for relationship continuity in a longitudinal study of university students' relationships. She sought to determine if relationship continuity could best be predicted by a) a positive pull model consisting of love and rewards, or b) a newly proposed barrier model, consisting of investments and commitment. The barrier model draws from research on attitudes (Kiesler, 1971) to explain the development of psychological constraints in relationships. These barriers to ending a relationship "develop from a spiralling interplay between a person's behavioural investments in building a relationship and strengthened commitment to the future of that relationship (Rubin, 1973)" (Lund, 1985, p. 4). In this barrier model, Lund (1985) "defines commitment as an attitude about continuing a relationship that is strengthened by a person's own acts of investing time, effort and resources in that relationship" (p. 4). Like Kiesler (1971), Lund (1985) sees attitudinal commitment, derived from the investments occurring over time in a relationship, acting as a barrier by influencing a person's decisions to continue that relationship even in times of stress or low rewards. Her perspective reflects some of Johnson's (1978) descriptive features of personal commitment with its "attitude basis" derived in part from an assessment of pros and cons in the relationship and classical conditioning with positive relational events. As well, Johnson (1978) notes that in regard to the "definition of self in terms of the relationship, . . . this investment of self may render the person virtually incapable of conceiving of him/herself in any other context" (p. 3).

Lund developed measures of investment and commitment in cross-sectional research. Commitment scale items, empirically chosen to differ from the love scale, were conceptually distinct by being more concerned with expectations about the future of a relationship than with current feelings. Her commitment items seem to tap structural commitment (attractiveness of alternatives, termination procedures), feelings of obligation, priority placed on the relationship, and interpersonal or intrinsic investment. In this initial cross-sectional study, Lund found that investment and commitment levels increased as relationship status progressed toward marriage. As well, the measures of love and rewards were lower for married than engaged subjects--a finding similar in principle to Johnson's (1978, 1984) results which found that married individuals expressed slightly less (nonsignificant) commitment than engaged individuals.

Over the five month study with students graduating from college, Lund found that her measures of commitment and investment were better predictors of relationship stability than measures of love and rewards:

> Results from the longitudinal study supported the barrier model: personal investment in a relationship strengthens attitudinal commitment to that relationship, which makes continuing it more likely.
>
> In its present form, the barrier model is mainly an application of research on attitude change (Kiesler, 1971) to the field of relationship research. It emphasizes the importance of personal choice to invest as opposed to a more passive evaluation of rewards and costs, in the development of

> psychological constraints against ending a relationship. . . . Research on the barrier model showed that rewards played little part in the prediction of Commitment once Investments were accounted for, and that rewards and Love did not contribute to the best prediction of breakup. (Lund, 1985, p. 19, 20, 21)

Lund views investments as antecedents of commitment, which in turn, lead to relationship stability. Perhaps the most important insight to learn from her research is that factors theoretically related to commitment were found to be better longitudinal predictors of relationship stability than factors related to the attractiveness (love and rewards) of the relationships.

In an unpublished doctoral dissertation, Goltz (1987) examines how marital commitment is related to the established correlates of marital stability. From his review of the literature, marital commitment appears to be viewed in several different ways: as an aspect of marital quality, as intervening between independent indicators and marital quality, or as an intervening variable between marital quality and marital stability. While he accepts the assumption of Lewis and Spanier (1979) that the single greatest predictor of marital stability is marital quality, Goltz (1987) argues

> "that the concept of marital commitment makes a major contribution to our understanding of the relationship between

quality and stability by its ability to explain the finding that many low quality marriages nevertheless demonstrate a high degree of stability" (p. 64).

After examining the indicators of marital stability in the recent literature, Goltz (1987) formulated 27 first order propositions relating to dyadic commitment (of which 21 could be tested with the data in the 1980 Edmonton Area Survey). These 21 propositions or indicators were formulated in terms of their theoretical contribution to marital commitment. After being analyzed in terms of four broad theoretical constructs: a) predisposing background characteristics, b) total interaction reward/tension balance, c) normative constraints, and d) structural constraints--these four constructs were related to personal and structural commitment.

Goltz (1987) defines commitment from Johnson's (1973, 1978) theoretical perspective. Commitment items in the 1980 Edmonton Area Survey were measured by agreement or disagreement on a seven-point Likert scale. The use of both reliability and factor analysis supports the use of personal commitment and structural commitment as measures of the dependent variable. Personal commitment is measured by two items: (1) "I couldn't continue to live with my spouse if I didn't love him/her," and (2) "If my spouse were unfaithful, for whatever reason, our relationship would end"

(Goltz, 1978, p. 118). The two questions, however, do not readily fit the molds of Johnson's (1973, 1978) components of personal commitment, nor did the personal commitment scale achieve an acceptable level of alpha. Perhaps the measure of personal commitment in this project was more ambivalent than definitive. The idea of staying in a marriage that is without love, or one which involves infidelity, may have encouraged confusing images for the respondents. The mean responses tended toward neutrality rather than differentiating attitudes toward commitment (Larson and Goltz, 1987). This lack of an adequate formulation and operationalization of the personal commitment construct may limit the generalizing of Goltz's (1978) personal commitment findings.

Structural commitment is measured by four items: (1) "Our relationship involves a life long commitment which is binding on both of us 'until death do us part,' " (2) "It would be a lot of trouble for my spouse and me to separate," (3) "I have a very large investment in my relationship with my spouse," and (4) "My relatives and friends would strongly disapprove of my ending our relationship" (Goltz, 1987, p. 118). According to Johnson's (1978) theoretical framework, it would seem that the item: "Our relationship . . . 'until death do us part,' " would have fit as an expression of personal commitment under the component of an "internalized sense of moral obligation" (p. 3).

The multiple regression of predictor variables on personal commitment resulted in the entry of four variables in the regression equation which jointly explained approximately 20% of the variation in personal commitment. This analysis indicates that personal commitment is strongly related to predisposing background characteristics, and that male variables are better predictors of personal commitment than female variables.

The multiple regression of predictor variables on structural commitment results in the entry of five variables jointly explaining approximately 45% of the variation in structural commitment. Three of these variables are measures of total interaction reward/tension balance (individualism, female satisfaction with family life, and female happiness in marriage). The remaining two variables are measures of normative constraints (the number of times the female has been married, and the religious affiliation of the male).

Goltz (1987) addressed the question as to whether marital quality and marital commitment were essentially the same, or whether they differed in important aspects. It is expected that there would be a great deal of similarity between marital quality and marital commitment in that 1) marriages demonstrating high quality would also be expected to demonstrate high commitment, and that 2) marriages demonstrating low quality would usually be expected to demonstrate low commitment. In considering answers to his question, he examined the relationship of marital commitment with his four measures of marital quality; male and female measures of satisfaction with family life, and male and female measures of happiness in the marital relationship. Goltz (1978) found that structural commitment had a strong positive relationship with the four measures of marital quality, while personal commitment was related to only one of the four measures of marital quality--a negative relation to male satisfaction. From further relationship comparisons with indicators of marital stability, he found results "indicating that marital commitment and marital quality are tapping some of the same dimensions of marital stability. But some important differences were also found, indicating that marital commitment is tapping some dimensions of marital stability that marital quality does not" (Goltz, 1987, p. 253).

His data illustrate a low quality/high stability marriage in which the quality of marriage is low for the female, but the relationship is maintained because of the socioeconomic rewards in the marriage which contribute to high personal commitment. This finding showed that female satisfaction with family life tends to decline with an increase in socioeconomic status, but personal commitment tends to increase in comparison. Another finding indicates that the number of children has a negative impact on happiness in the marital relationship, but that it does not affect happiness with family life, and it does contribute to greater structural commitment. While the socioeconomic index is related to low marital quality and high personal commitment, number of children is related to low marital quality and high structural commitment.

From his research, he concluded:

> . . . although there is a great deal of overlap between marital quality and marital commitment, marital commitment systematically measures different facets of marital stability than what is being measured by marital quality. Evidence is found to support the supposition that certain low quality marriages may demonstrate high levels of stability because of a high level of personal and/or structural commitment. Evidence is also found that certain variables which are unrelated to measures of marital quality, nevertheless make an important contribution to marital commitment. Also, variables unrelated to marital commitment show consistent relationships to marital quality.
>
> . . . In order to have a complete and accurate understanding of marital stability, it is necessary to more fully investigate the impact of marital commitment. (Goltz, 1987, p. 256, 257)

Whereas much marital research is based on the response of only one of the partners, Goltz's (1987) study is unique in that it gathered data from both members of the marital dyad. This made it possible for him to analyze the impact of similar and/or discrepant couple scores, thus facilitating important clarification of relationships. Also, it is noteworthy that his findings pointed out that commitment, particularly structural commitment, is a strong variable in terms of its relationships with those correlates which have been unquestionably related to marital stability.

In speaking to the need for clarification in formulating and operationalizing personal commitment, Goltz (1987) suggests that a definition is needed that can differentiate between the kind of approach which regards the continuation of the marriage as a negative, onerous chore and the approach which defines marriage as a positive opportunity for continued growth and fulfillment. Goltz (1978) feels (similar to Stanley, 1986) that such continuation is not merely a matter of personal desire, but of discipline and practical actions to make outcomes conform to expectations. Thus, personal dedication needs to be understood as not just the strength of personal desire or dedication, but must also include the idea of what actions one will take in order to make his/her marriage work.

Larson and Goltz (1987) in a paper entitled "Religious Participation And Marital Commitment," detail some reconceptualizations of personal commitment and religious influence and emphasize that aspect of personal commitment which is self motivating and leads toward "marriage-affirming and enriching behaviours" (p. 20). While recognizing and building on Johnson's (1978) commitment theory, Larson and Goltz (1987) emphasize that existing theory or research does not adequately frame the nature and importance of commitment in marriage. They point out that in Christian marriage commitment is seen as a cardinal dimension and that "marriage is entered with the intention of life-long permanence, sexual and mental fidelity to one's marital partner, and a personal dedication to marriage-affirming and enriching behaviors" (Larson and Goltz, 1987, p. 20). Thus, they see these aspects of commitment as broader and deeper than the meanings of commitment in the social sciences.

Stressing the need for commitment in action, they emphasize that

> "the married should behave more equitably and altruistically because they are committed rather than to become committed. It would seem that commitment is not the consequence of experiencing a good marriage. Instead, commitment is the individual and relational source of making a good (or even weak) marriage better." (Larson and Goltz, 1987, p. 20, 21)

To them, commitment may be the "senior" variable in the evolution of a strong marriage "from one which is merely 'stable' to one that is becoming more enriching" (Larson and Goltz, 1987, p. 21). In contrast to Johnson (1978, 1985) who views structural commitment as effecting the most extensive influence upon marriage stability, Larson and Goltz (1987) postulate that strong personal commitment can implement positive changes in maintaining and strengthening a marriage. This emphasis upon the motivational or becoming aspect of commitment touches upon Hobart's (1963) concerns and is similar to Stanley's (1986) description of personal dedication (personal commitment):

> an intrinsic desire not only to continue in the relationship but also to work on the relationship, to improve it, to sacrifice for it, to invest in it, to link personal goals to it, and to seek the partner's welfare, not simply one's own. (Stanley, 1986, p. 6)

It may be said that Johnson (1978), in an indirect manner, also touches this self generating or motivational aspect of personal commitment when he speaks of an individual's dedication to the continuation of a line of action and illustrates it with the phrase "He is committed to spreading the Gospel" with an accompanying "sense of determination to continue in the face of adversity or temptation to deviate" (p. 2). There would appear to be a lot of motivation and action in this illustration of personal commitment, but Johnson (1978, 1985) does not identify the expression of positive enhancing behaviours as part of his framework. While pointing out that commitment is not essentially or only a consequence of a good marriage, Larson and Goltz (1987) emphasize that commitment incorporates the concept of making a choice toward implementing positive and constructive behaviours that lead to a better marriage. This focus on choice and positive actions can only enhance the quest to more fully understand the impact of one's commitment to a relationship.

Drawing from the religious literature, Larson and Goltz (1987) postulate that religious homogamy, conservative religious affiliation, and religious participation are positively related to marital commitment. They use data from the 1980 Edmonton Area Survey and measures of commitment patterned after Johnson (1978). Although there are some concerns surrounding the more ambivalent than definitive measure of personal commitment, the use of the personal and structural commitment measures highlighted some very interesting findings.

Larson and Goltz (1987) used multiple regression to identify the components of personal and structural commitment for husbands and wives separately and also as a couple. The main independent variables used in the analysis were religious participation and religious preference as religious homogamy did not prove to be a significant predictor of marital commitment. Additional control variables were added and included: satisfaction with family life, happiness in relationships, marital satisfaction, education level, income, marital quality measures, duration of marriage and soecioeconomic status index. Controlling for all other variables, they found that social status and religious participation related positively to personal commitment. For structural commitment, family life satisfaction, marital duration and active religious involvement were most important in predicting commitment.

The relationship between religious preference and marital commitment were found to be important for three reasons. First, the lowest levels of structural commitment and the highest levels of personal commitment occur among couples without religious involvement. This may mean that among non-religious couples there are simply fewer barriers to leaving (religion is a powerful barrier) and as long as they experience satisfying relationship rewards they remain. This may also mean that when personal commitment is defined as relational satisfaction, and satisfaction declines, personal commitment is again being measured as a consequence of relational satisfaction rather than as an antecedent.

Second, the highest levels of structural commitment and lowest levels of personal commitment occur among husbands who are religious conservatives. Thus, Catholic and conservative husbands more active in the church are more prepared to stay in marriage, their feeling of love notwithstanding.

Third, wives, at least in this study, are distinctly more influenced by the qualities of their marital relationship than active participation in the church as such. This appears evident from mixed marriages where wives are active in the church and their husbands are not, and yet the level of personal commitment is no greater among these couples than where neither spouse is involved in the church. From the regression analysis, family life satisfaction as perceived by wives, is the key explanatory variable in the explained variation in structural commitment. It appears that the lack of clarity in the measurement of the personal commitment dependent variable may have prevented an accurate reflection of the respondents' personal dedication to a line of action. In pointing to the impact of religious structural commitment and the importance of postulating and measuring enhancing and enriching expressions of personal commitment, this work highlights the need and potential for further study of these areas.

In his unpublished doctoral dissertation, Stanley (1986) develops and assesses the validity of his Commitment Inventory (CI). Drawing very extensively from the theoretical and empirical formulations of Johnson (1973, 1978, 1982), Stanley (1986) incorporates additional subconstructs (components) and redefines Johnson's personal commitment as personal dedication and Johnson's structural commitment as constraint commitment. Stanley's (1986) definition of the construct of commitment is found on pages five to seven of this work. He defines commitment as a construct that comprises two primary constructs (personal dedication and constraint commitment), each of which can be measured by the assessment of a variety of subconstructs. He considers these subconstructs as being indicators of commitment.

Personal dedication refers to the desire and associated behaviours of an individual to improve his/her relationship. This personal dedication is evidenced by one's action in enhancing his/her relationship. Constraint commitment, in contrast to personal dedication, denotes forces that constrain individuals to maintain relationships, regardless of their personal dedication to them. These constraints may arise from either internal or external pressures and they favour relationship stability, not necessarily relationship quality. Constraints make the termination of a relationship more economically, socially, personally, or psychologically costly.

To assess his commitment measurements, Stanley (1986) went through two phases of testing with 141 subjects in his first sample and 279 in a subsequent sample. The relationship status of his subjects were: regular dating, exclusive dating, engaged or planning marriage, married without children, married with some or all children under 21, and married will all children over the age of 21. His Commitment Inventory included thirteen scales to assess the subconstructs of commitment, seven pertaining to personal dedication and six pertaining to constraint commitment. Two of his scales used to measure constraint commitment (termination procedures and unattractiveness of alternative) are from Johnson (1978, 1985). Each of the remaining eleven scales had six items each. Stanley views these thirteen scales as indicators of commitment.

Stanley's (1986) seven personal dedication subconstructs are: 1) relationship agenda, 2) meta-commitment, 3) couple identity, 4) primacy of relationship, 5) satisfaction with sacrifice, 6) disclosure investment, and 7) alternative monitoring. Relationship agenda endeavours to assess the degree to which a person wants the relationship to continue. A long-term outlook should help a couple weather short-term inequities. Meta-commitment refers to the level of commitment one has to commitments. Couple identity does not speak of fusion. Rather couple identity emphasizes viewing the relationship as a team, instead of two separate individuals. Primacy of relationship suggests that people are probably dedicated to their relationship if those relationships occupy a high priority in their lives. Satisfaction with sacrifice seeks to reflect the degree to which people feel a sense of satisfaction in doing things that are largely or solely for their partner's benefit. The subconstruct of alternative monitoring assumes that the more individuals are attracted to potential partners, the less their personal dedication to their current partner.

The six constraint commitment subconstructs are briefly described. 1) Morality of divorce refers to a value coming from without that tends to make some married people feel constrained to continue their relationship, regardless of their level of dedication to it. 2) Availability of partners emphasizes that if one perceives there is no one else available for them, they are likely to remain with the present partner, all things being equal. 3) The social pressures subconstruct describes pressures that third parties (especially family and friends) exert on individuals to maintain their relationships. 4) Structural investments speak of joint possessions and investments of money that tend to increase relationship stability because of a desire not to lose the investments by ending the relationship. 5) Unattractiveness of alternatives represents the degree to which a person would be unhappy about any or all of a broad range of possible life changes in the event the relationship ends. 6) The termination procedures subconstruct measures the difficulty of taking the steps to terminate a particular relationship.

In highlighting a few of his many findings, he noted that subjects were less likely to perceive that alternate partners were available if they were older and had been married longer, though they were slightly more likely to perceive that such alternate partners were available if they were more educated and had higher income levels. Yet social pressure was perceived to be greater the longer subjects had been married and the more educated they were. Consistent with common beliefs and expectations, having children and/or being married for a long period of time were factors associated with decreased alternatives to the current relationship, increased pressure to remain together, and increased difficulty in terminating the relationship. With regard to religion, greater religious devotion was associated with greater personal dedication, greater relationship quality, and lower problem intensity. Religious conservatism was associated with greater levels of constraint commitment, particularly on the morality of divorce scale.

Apart from the formulation and operationalization of his subconstructs of commitment, a very interesting result of his study is the association between his commitment inventory and the relationship status variable (i.e., dating through married). Relationship status was strongly associated with constraint. Subjects in higher relationship status levels indicated greater barriers to leaving their relationship than did subjects in lower status levels.

> Interestingly, similar associations were found between relationship status and personal dedication measures, but not

> for relationship quality. Furthermore, both constraint and dedication measures were more strongly, linearly associated with relationship status than was relationship quality. (Stanley, 1986, p. 140)

In differentiating the construct of personal dedication from the construct of relationship quality or satisfaction, Stanley (1986) envisaged personal dedication denoting dynamic forces, active processes and behaviours--while relationship satisfaction was conceived more as an outcome or consequence of dynamic forces acting within a relationship. Although not testable with his data, Stanley (1986) hypothesized that current levels of personal dedication are causally related to future levels of relationship quality. However, only longitudinal tests would be able to indicate if subjects' scores on measures of personal dedication were better predictors of future relationship quality than current scores on measures of relationship quality. With respect to relationship quality and constraints, constraints were relatively (not negatively) uncorrelated with relationship quality. But from the positive correlation between relationship agenda and many of the constraint dimensions, these correlations suggest that constraints helped individuals maintain long term outlooks for their relationships--yet, he cautions, causality can not be established.

Depending upon which analysis was used, Stanley (1986) came up with two patterns of results pertaining to personal dedication and relationship status. When religiosity alone was the covariate, he found that personal dedication generally increased across the relationship status groups. When total constraint was added as a covariate, he found personal dedication "being greatest for subjects who were either engaged or planning marriage or were married with children old enough to have left home" (Stanley, 1986, p. 117). Along with these findings, he also noted that relationship quality showed the classic pattern of being greatest for subjects who were engaged or planning marriage and for married subjects with children old enough to have left home.

Stanley (1986) compared his CI with other commitment measures available. He examined the following: Johnson's (1978) personal commitment measure, social pressures, termination procedures, and unattractiveness of alternatives; Udry's (1981) alternatives and spouse replacement factor scales; Rusbult's (1980, 1983) alternative, investments, and commitment scales; and Beach's and Broderick's one item commitment scale. Stanley (1986) felt that these instruments, although far from ideal, supported the validity of his CI. However, from these and other evaluative comparisons, he is quick to point out that the evidence for the CI's reliability, concurrent validity, and construct validity, must be considered as preliminary and that further assessment is required.

While Stanley (1986) is aware of the need to clarify and refine some of his scales, his work represents a very thoughtful and practical synthesis of much of the recent work on commitment, along with his own creative formulation of theory and scales. One anticipates that he will further refine the two scales he "borrowed" from Johnson (1978) by putting them into a format like the rest of his scales. It appears that the Commitment Inventory has the potential of being a very useful and practical instrument that may greatly facilitate efficient and accurate measurement of commitment.

Swensen and Trahaug (1985) assume that if a marriage continues, it must be because of some kind of commitment. They suggest two kinds of commitment (without defining commitment) and postulate that if that commitment is to the institution of marriage, then a decline in marital satisfaction will take place. But if the commitment is to the other person as a person (an intrinsic marriage), then the relationship will grow and improve. The evidence of this improvement will be an increase in the love expressed along with a decrease in marital problems.

Drawing from Turner's bonding theory, they describe an intrinsic marriage as one in which the two people marry and remain married because of commitment to the other as a unique person. The bond that forms between the couple is a sympathetic person bond: "a bond to that other person rather than to the functions the other persons serves" and "that other person becomes irreplaceable" (Swensen and Trahaug, 1985, p. 939). This sympathetic person bond between a couple makes possible greater openness in expressing and sharing thoughts and feelings, and increases the couple's skills in changing unsatisfactory aspects of their relationship.

In testing their hypothesis, they interviewed 36 elderly married couples and administered two scales: the Marriage Problems Scale and one measuring the expression of love between husband and wife. The interview centered around two open-ended questions which were intended to measure an individual's level of commitment at the beginning of his/her marriage and at the present time.

In determining the level of commitment when first married, they asked: "What were the reasons for your decision to marry him (her) rather than remain single or marry someone else?" To determine the present level of commitment they asked: "Why do you think your marriage has lasted as long as it has?" The respondents' answers were ranged on a five-point scale that was to differentiate between impersonal (institutional) reasons and personal (sympathetic person bonds) reasons. It was assumed that personal reasons would represent a "person" bond which would be indicative of that individual's commitment. However, it seems to this writer that Swensen and Trahaug (1985) are making an incorrect assumption when they assume that answers to these questions can provide an accurate measure of commitment--especially when they have not defined commitment adequately.

As hypothesized, their study found that those couples "who are highly committed to each other as persons have less difficulty in solving the problems that arise between them," less difficulty in setting goals, have fewer problems with their relatives, and "are satisfied with the affection they express to each other" (Swensen and Trahaug, 1985, p. 942). Perhaps their most insightful comment is stated in the sentence: "If the marriage continues, it must be due to some kind of commitment, but what goes on inside the marriage will be a function the _kind_ of commitment made" (Swensen and Trahaug, 1985, p. 944). As well, they noted that among all the subjects, 35 indicated an increase in commitment during marriage and 37 showed a decrease or no change in their commitment. However, from the overall averages they compiled, they suggest that expressions of this type of personal commitment diminishes during the life of the marriage.

Swensen and Trahaug (1985) are struggling with important issues as they focus on the same types of important concerns that Johnson (1985) does when he wonders why dissatisfying and loveless marriages continue and what the difference is between attraction to the marriage and attraction to one's spouse. It is readily evident that a Johnsonian framework could have facilitated their theoretical formulations and research methodology.

Beach and Broderick (1983) tested couples in marital therapy to determine the husbands' and wives' commitment levels--with a view to examining if high commitment couples are "more amenable to therapeutic intervention" (Beach and Broderick, 1983, p. 17). They constructed a one-item measure of commitment drawing from the work of Johnson (1973), Rosenblatt (1977), and Rusbult (1980). This definition is on page eight of this study. Subjects would read this definition and then rate their level of commitment based on this definition using a 1 to 100 scale. Combined with the marital therapy outcome, their study contrasted the power of this commitment measure with the power of a communication skills test for predicting therapeutic gains. These therapeutic gains (a measure of relationship satisfaction) were assessed by using the Locke-Wallace Marital Adjustment Test.

They found that for wives, commitment accounted for significant variance in marital satisfaction before therapy, and that commitment accounted for gains in marital satisfaction resulting from therapy. Commitment explained variance in the change in level of marital satisfaction independent of changes in communication skills. The learning of good communication skills was one of the main thrusts of the marital therapy. For the husbands, the combination of the level of commitment and the level of communication ability was not successful in predicting gains in therapy. However, changes in male communication ability from pre-therapy to post-therapy accounted for changes in marital satisfaction.

As they point out, the commitment variable used in this study might need to include more concrete behavioral items in order for it to be more salient and meaningful to men. In noting this sexual difference, they found that husbands' marital satisfaction was explained much more by behavioral than attitudinal variables, whereas the reverse was true for the wives. From this study, the use of this straightforward one-item measure of personal commitment appears to have potential as a useful tool in providing interpretable and, perhaps, clinically useful results.

In an unpublished doctoral dissertation, Clodfelter (1977) noted that "there have been no attempts to clearly identify through existing literature the factors purported to affect marital commitment," nor was there a multiple item scale for measuring marital commitment (abstract). From a review of the literature, especially the works of Kiesler (1971) and Masters and Johnson in association with Levin (1976), Clodfelter (1977) identified nine theoretical factors of commitment: emotional vulnerability, effort, mutual concern, negotiation, sexual pleasure, choice, equality, public declaration, and the importance of the marital relationship. Ninety-six test items were written to measure the nine hypothetical factors and were submitted to expert raters. In the resulting construction of a seven factor marital commitment scale, it is interesting that the expert raters deleted the factors of choice and public declaration--two factors that Kiesler (1971) probably would have thought were extremely important--and chose 65 items for the marital commitment scale.

Clodfelter's (1977) scale was administered to two groups of married subjects. The high commitment subjects were couples involved in an ongoing marriage enrichment experience, and the low commitment subjects were individuals in the process of marital breakup by virtue of having legally filed for dissolution or divorce. As predicted, the high commitment group scored significantly higher on the entire marital commitment scale.

Clodfelter's (1977) original and creative work is commendable. However as he points out and Stanley (1986) notes, Clodfelter's work is flawed by a lack of assessment of the reliability of the measure, and by the fact that little attempt was made to assess the construct validity of the measure by comparison with other relationship constructs. Also no empirical evidence was given to support the validity of the commitment factors that were identified, based on his literature review. Further, the high and low commitment groups were unmatched, statistically and otherwise, on critical variables.

Wyatt (1983), in her unpublished doctoral dissertation, was particularly interested in integrating the concept of marital commitment into Maslow's theory about the hierarchy of psychosocial needs. Unfortunately her abstract lacks clarity, and as Stanley (1986) points out, "Wyatt's dissertation is very complex, and her conception of commitment is so difficult to comprehend that it may have difficulty finding acceptance among commitment researchers unless it is recast in simpler terms" (p. 33).

Furthermore, her six factors of marital commitment (Trust and Fairness, Primacy and Durability, Belonging, Actualization, Esteem, and Security) were uncorrelated with any of the key relationship dimensions studied in her research. Stanley (1986) emphasizes that it is hard to imagine that any valid measurement of commitment--especially ones that seem to lean toward personal dedication--would have no particular association to key relationship dimensions such as relationship quality, duration, stage, shared identity, or willingness to stay in the relationship. From the results obtained and the conception and measurement of commitment, "her work seems likely to contribute little to the field" (Stanley, 1986, p. 34).

Kimmons (1981), in her unpublished doctoral dissertation, defines commitment "as (1) a decision to follow a course of action and (2) acting on that decision over a period of time." She proposes that commitment is composed of two dimensions, normative marital commitment and interpersonal marital commitment. For Kimmons (1981):

> Normative marital commitment is defined as a decision to build and maintain a marriage per se and acting in accordance with that decision over a period of time. Interpersonal marital commitment is defined as a decision to build and maintain a marriage relationship with a particular person and acting in accordance with that decision over a period of time. The rewards for each dimension are different in that for NMC the rewards are extrinsic; while for IMC the rewards are intrinsic. (Kimmons, 1981, p. 36; quoted in Stanley, 1986, p. 31)

Normative marital commitment appears to focus on commitment in terms of obligation (constraint) to the institution of marriage, while interpersonal commitment with its emphasis on choice and action toward a person appears to focus on those aspects of commitment that are close to Stanley's (1986) construct of personal dedication. Kimmons's (1981) concepts are also similar to Swensen's and Trahaug's (1985) discussion of commitment to the institution of marriage and commitment to a person bond.

Using a 33 item measure (a modification of Clodfelter's (1977) Marital Commitment Scale) with 94 couples living at the married student housing complex at her university, Kimmons concluded from her work that:

> (1) females in this study scored significantly higher than males on the interpersonal marital commitment scale; (2) persons high on religiosity (as measured by attendance at church) scored significantly higher on the normative marital commitment scale than persons who were not high on religiosity; and (3) persons high on religiosity scored significantly lower on the interpersonal marital commitment scale than persons low on religiosity. (abstract)

Because this exploratory study was done with a very homogeneous sample, Kimmons (1981) suggests that her results be interpreted with caution. As well, she notes that her study points to sex and religion as key variables to be considered in the study of marital commitment. Her finding that females may be more personally committed to their relationships than males is similar to findings by Murstein and MacDonald (1983).

Summary of Literature Review

From the foregoing discussion of the literature, it becomes evident that the word "commitment" in common speech, theory or research, is usually used to describe a variety of attitudes and behaviours with respect to the stability and quality of relationships. It is also important to note that "commitment" in the literature is often given one of the two meanings consistent with the two broad descriptions of commitment (Johnson, 1978, 1985; Stanley, 1986) that were given at the beginning of the chapter. However, while these general descriptions suggest two theoretical ways to approach and understand commitment, the literature suggests no theoretical approaches regarding the processes surrounding the formation, maintenance and modifications of one's commitments.

As well, in considering the 34 works in the literature review, only 12 of these empirical studies deal exclusively with one or several aspects of marital commitment, while another 7 empirical studies deal with commitment in dating through to marital relationships. As such, commitment, though important, has received relatively little attention in research. Hopefully, with a few of the improvements noted in the literature, especially Johnson's (1985) and Stanley's (1986) work, more attention will be given to the conceptualization and measurement of this important construct.

III. THE PRESENT PROJECT

This exploratory study began as a quest to more fully understand the meaning and expression of commitment in marriage. A perusal of the literature indicates that very little attention has been given to the topic, and from the foregoing chapter, it is evident that the study of marital commitment is only in the beginning stages. While the review helps to emphasize the two broad general ideas (Johnson, 1978, 1985; Stanley, 1986) that seem to comprise much of the discussion about marital commitment, there is evident need for additional theoretical clarity that can provide a definition of commitment along with an explanation of the processes involving the formation, maintenance, and modification of commitments that people make.

This study incorporates these two broad general ideas and proceeds to suggest a new conceptual framework in which the formation and expressions of commitments (especially marital commitment) can be understood more clearly. This new conceptual framework resulted from struggling with: the various definitions and descriptions of commitment, concepts pertaining to the two broad general commitment ideas, and asking questions like: "How can structural or constraint commitments be imposed from without?";

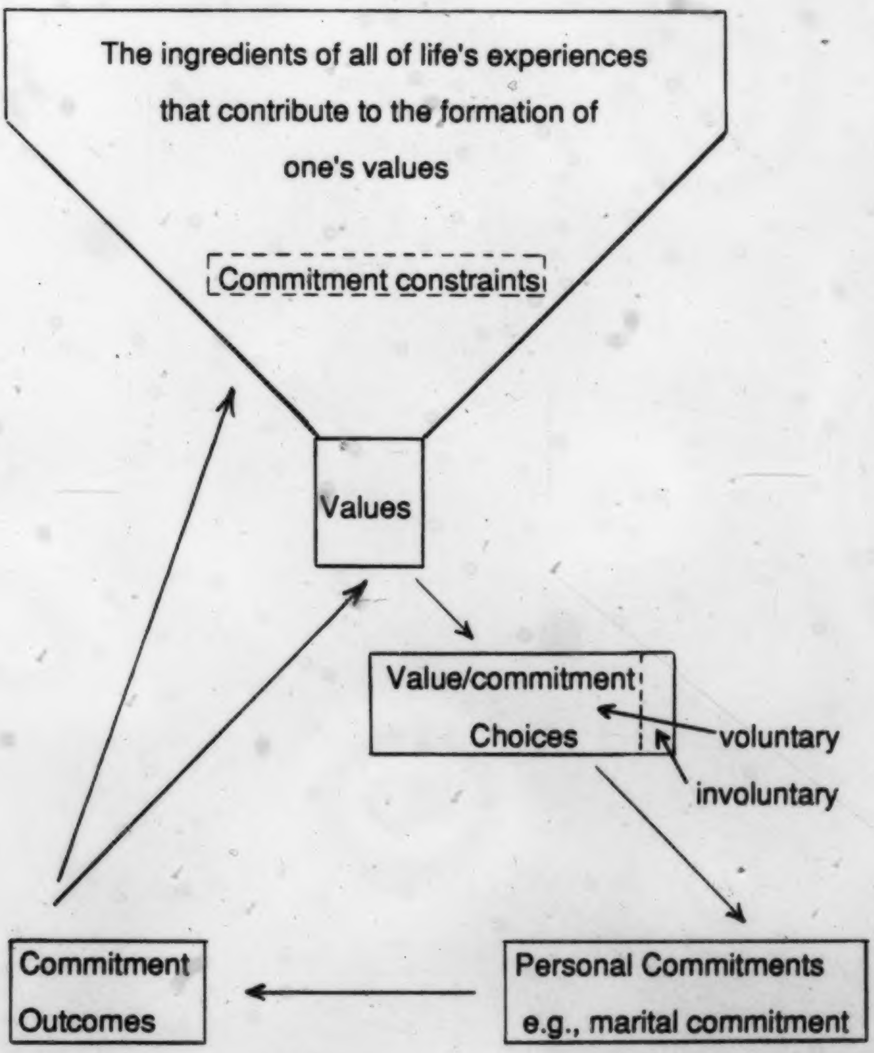
"How does a person have these two general types of commitment at the same time?"; and "How are commitments formed?"

This chapter proposes a Commitment Framework (CF) that outlines a process for the formation and evaluation of personal commitments along with an overview of the CF's similarities and differences with the works of Johnson (1978, 1985) and Stanley (1986). Marital commitment is defined next and followed by a discussion of the three categories (commitment choices, commitment outcomes, and commitment constraints) used in this study to measure expressions of commitment. The list of the central hypotheses that are tested in this work conclude this chapter.

The Proposed Commitment Framework (CF)

Plausible answers to the uncertainty surrounding the general conception and defining of commitment, and the questions about the two broad general types of commitment, led to the formation of the Commitment Framework. The CF illustrates what this writer believes may be an accurate, albeit simplistic, picture of the main processes surrounding the formation, maintenance and expressions of marital commitment. Figure 1 (p. 106) illustrates the proposed Commitment Framework (CF).

Figure 1   Commitment Framework


The ingredients of all of life's experiences that contribute to the formation of one's values
Commitment constraints
Values
Value/commitment Choices
voluntary
involuntary
Personal Commitments e.g., marital commitment
Commitment Outcomes

It is important to note that the term "personal commitment" is not used in the sense in which Johnson (1978) limits the term to describe only one's feelings or attitudes of dedication or determination with respect to "wanting" to continue a line of action. When Johnson (1978) illustrated his term "personal commitment" with the phrase "He is committed to spreading the Gospel," he equated "committed" as being synonymous with the feelings of being dedicated or determined, and called this dedication or determination "personal commitment." His limiting of commitment to these feelings may have been to provide him with a definition that could be treated as a continuous variable.

Yet Johnson's (1978) own phrase, "He is committed to spreading the Gospel," more aptly illustrates a personal commitment--a choice to spread the Gospel. This study views a personal commitment as representing a line of action which arises from one's choices, accompanied by appropriate attitudes and behaviours. On the other hand, Johnson (1978) uses the term "personal commitment" to refer to one's feelings of dedication or determination toward a particular line of action.

Becker (1960) acknowledges that "some commitments do result from conscious decisions" (p. 38). He also notes that when an individual "becomes aware that he is committed only at some point of change and seems to have made the commitment without realizing it" (p. 38)--at that point, the individual must make a value choice, a conscious decision to either accept or reject this type of imposed commitment of which he/she has just become aware. It is with reference to one's awareness of making a value/commitment choice to initiate a consistent line of action, this conscious decision, that the CF refers to an individual making a personal commitment.

It is probably Johnson's (1978) lack of definitional clarity with the term "personal commitment" that prompts Stanley (1986) to replace Johnson's old term and use the term "personal dedication." Stanley (1986) acknowledges that his term "personal dedication" is "frequently referred to as 'commitment'" (p. 38), but he recognizes (without explanation) that "personal dedication" is not the equivalent of commitment. Yet like Johnson (1978), Stanley (1986) does not make a clear conceptual distinction between a) a personal commitment to the continuation of a line of action and b) the feelings of personal dedication about that line of action.

Here, an effort is made to provide a clearer conceptual framework that will 1) account for personal commitments (e.g., marital commitment) that an individual may make, as well as 2) take into account an individual's feelings of dedication and determination related to the value/commitment choices he or she makes. In the CF, a personal commitment (e,g., marital commitment) is descriptive of the results of a value/commitment choice an individual has made, and this choice both initiates and results in an attitudinal and behavioural orientation which leads to the implementation of a consistent line of action. As well, the CF makes the theoretical assumption that one's values are the most important factor in determining what value/commitment choices are made. These values are the accurate expression and representation of that person's evaluation of life's experiences and influences--influences which include a) structural pressures and forces that constrain one to continue with a line of action once they have initiated it (commitment constraints) and b) an ongoing evaluation of the consequences of one's personal commitments (commitment outcomes).

Apart from the most unusual circumstances, it is considered that any commitment a person makes can be ultimately viewed as a personal commitment (even recognizing the involuntary aspect). In Figure 1, the words "Voluntary" and "Involuntary" are connected to the words "Value/Commitment Choices." The idea behind this connection is the knowledge that some of our values and resulting choices are influenced by structural forces and pressures (commitment constraints) and commitment outcomes. "Voluntary" describes value choices that are made without duress or pressure. On the other hand, some value/commitment choices and resulting personal commitments appear to result from some type of social, economic, or external pressure (commitment constraints) being applied to one's life experience, which in turn may modify one's values. The phrase: "He's committed to file an income tax return whether he likes it or not," suggests that external government rules and expectations, along with prescribed penalties, may directly shape one's values which result in participation and an apparent appropriate response--even though it is basically an involuntary response, it is only brought about because of commitment constraints. One could then hypothetically say in this illustration (paying income tax) that the resulting personal commitment made under duress is, in a sense, an involuntary personal commitment. As well, there may be others whose value/commitment choice would be such that they would resist all pressure and refuse to pay the tax and suffer the consequences of the penalties. Further, the CF recognizes that in those unusual instances where there are extremely harsh and violent pressures that leave no options but conformity, such severe involuntary responses are not considered to fall within the CF--because there is no option to exercise any kind of meaningful value/commitment choice.

With respect to marital commitment, the Commitment Framework stresses the fact that there is only one psychological construct of marital commitment, and that marital commitment stems from value/commitment choices. These value/commitment choices not only initiate personal commitments, but they are also considered as providing the required motivations and stamina for one to maintain a personal commitment. However, the duration and extent of the motivational input into enhancing and strengthening a personal commitment (eg., marital commitment) will be a reflection of that individual's value/commitment choices--which may change or vary over time as a result of being influenced by commitment outcomes and commitment constraints.

The Commitment Framework recognizes and builds on the concept which suggests that structural or external constraints and forces (Becker, 1960; Levinger, 1965; Stebbins, 1970; Johnson, 1973, 1978, 1985; Stanley, 1986) influence one's expressions of commitment in that once one has initiated a consistent line of action, these structural influences or forces tend to promote and call for the continuation of that line of action. But in keeping with Becker (1960), the CF specifies that one's values intervene to filter and interpret (i.e., evaluate) what are appropriate and acceptable structural influences or constraints. Becker (1960), in his extensive and seminal discussion of constraining behaviours, emphasizes that "for a complete understanding of a person's commitments we need . . . an analysis of the system of values [writer's emphasis] . . . within which the mechanisms and processes . . . operate" (p. 39). As such, one's perceptions of these constraining structural influences will be the determining factor, and these perceptions will be subject to one's values. Thus, certain constraining influences may be rejected while others may impact one's values in such a way that the value/commitment choices and the resulting personal commitments are either maintained, affirmed or negated. To facilitate connecting constraining structural influences to values and choices that ultimately lead to personal commitments, these constraining structural influences (Becker, 1960; Stebbins, 1970) are referred to as "commitment constraints," and are considered as comprising a very important sphere of influence in one's life experience milieu. The most important awareness of commitment constraints will arise from one's perception of various social, economic, and religious implications and pressures that would be forthcoming, if one were to modify or negate their marital commitment.

Following or resulting from personal commitments are various commitment outcomes and consequences. These commitment outcomes connect back to our commitment constraints, life experiences, and values in an ongoing evaluation process. This ongoing evaluation process is an integral part of the feed-back system as commitment outcomes will impact one's commitment constraints (i.e., perceptions of), life experience, and values. If values are modified, changes are likely to be forthcoming in value/commitment choices that will affect personal commitments so as to bring personal commitments into harmony with the person's values.

In summation, the CF theoretical perspective considers a personal commitment (e.g., marital commitment) to be descriptive of a commitment (arising out a value/commitment choice) that a person has made and is continuing to make and evaluate in the light of commitment outcomes and commitment constraints--effecting such changes as his/her values may determine.

Before leaving the discussion of the CF perspective, some overview comments are in order as to the CF and its relationship to Johnson (1978, 1985) and Stanley (1986). In his discussion of commitment, Johnson (1978, 1985) does not refer to one's values and choices. He does not describe how his concepts of personal and structural commitment are integrated in an individual. Rather, he stresses that his commitment theory focuses on "one's intentions [writer's emphasis] regarding the continuation of a relationship" which are a function of "feelings of personal dedication to it's maintenance and perception of the constraints which make it difficult to get out" (Johnson, 1985, p. 3). If one could equate Johnson's "intentions" with this study's concept of "values" or "value/commitment choices," that might suggest some measure of synthesis with this study's conceptualization of commitment formation, maintenance and modification. But "intentions," in order to be effective, must be expressed in appropriate attitudes and actions. Hence the need for the CF value/commitment choices that translate "intentions" into appropriate behaviours.

Stanley (1986) does not speak to the issue of values except to refer to meta-commitment being "a value [writer's emphasis] that [an] individual may bring to his or her relationship," and that the "morality of divorce" subconstruct "refers to the moral value [writer's emphasis] one holds for the maintenance of marriages" (p. 50, 47). It is also very important to note that he does talk "of commitment as a construct" (Stanley, 1986, p. 52) (writer's emphasis) being comprised of two primary constructs, "personal dedication" and "constraint commitment." But he does not elaborate on "commitment as a construct" nor deal with the manner or the process in which his two primary constructs, constraint commitment and personal dedication, interact and relate to each other in the life of an individual so as to form this "commitment construct." Rather, he emphasizes his two primary constructs with their 13 subconstructs and the "indicators" they provide as to the outcomes or results of commitment. In relating these "indicators" to the CF, they would be associated with marital commitment outcomes, for as Johnson (1985) points out, "Stanley is approaching personal commitment from a classic measurement perspective, using consequences rather than causes as indicators of a construct" (p. 4).

Stanley's (1986) refers to his construct of personal dedication as the "desire (and associated behaviors giving evidence of this desire) of an individual to maintain or improve the quality of his or her relationship for the joint benefit of the couple and the individual benefit of the participants" (p. 38). This suggests that his idea of "desire" is conceptually similar to the CF's concept of a value/commitment choice which speaks of a choice with accompanying behaviours (that arises from one's values) relating to a commitment. Also, Stanley's (1986) "choice" or "desire in action" is more than the "wanting" to continue and "intentions" of which Johnson (1978, 1985) speaks. Intentions that lack action and application would not be effective.

These overview comments about Johnson (1978, 1985) and Stanley (1986) point to some of the conceptual similarities and differences with the CF. As well, the CF appears able to potentially accommodate (and modify) other theoretical commitment considerations and approaches. Lund's (1985) work with behavioural investments and Rusbult's (1981) investment model touch upon commitment choices and their impact upon personal commitments as well as the commitment outcomes. With respect to much of the work that deals with commitment from a social exchange perspective, an exchange perspective in working with the CF would probably center around the study of commitment outcomes and commitment constraints.

However, while it is recognized that the CF will not provide an explanation for all kinds of consistent behaviour, this study sees the CF as providing a useful conceptual outline which facilitates a better understanding of the various approaches to defining and explaining personal commitments, and a framework that clarifies the basic processes surrounding the formation, maintenance, and ongoing evaluation and changes in commitments.

Definition of Marital Commitment

Marital commitment (which is an example of a personal commitment) stems from one's value/commitment choices. It is a commitment an individual makes to initiate and continue a consistent line of action with respect to one's spouse and the institution of marriage. Marital commitment implies a congruent psychological and behavioural state in which the person is cognizant of, and responsible for, his/her choices. These choices implement and perpetuate attitudes of dedication and determination, translating good intentions and desires into behaviours that affirm, enrich and strengthen both the individuals and their marriage relationship.

Marital commitment, like any personal commitment, can be assessed with respect to consistency, or changes in marital commitment as a result of studying what is referred to as 1) commitment choices, 2) commitment outcomes, and 3) commitment constraints.

Assessing Marital Commitment with the CF

Using the CF, marital commitment is assessed by examining 1) commitment choices, 2) commitment outcomes, and 3) commitment constraints. The CF considers that marital commitment is initially expressed as a dichotomous variable (i.e., he/she has made a marital commitment in contrast to not having made one). Following the initiation of the marital commitment, this commitment can be considered as a continuous variable because various factors and considerations (e.g., commitment choices, commitment outcomes, and commitment constraints) influence and affect the ongoing development and expression of this commitment--and these resulting variations (and negations), can be assessed.

Also, in the assessing of marital commitment choices and outcomes with the CF, it is assumed that the responses to the questionnaire items (Appendices B and C), are a reflection of an individual's values and a reasonable and acceptable indication of that person's subjective view of the marital relationship. Further, the portion of the questionnaire dealing with commitment constraints, asks respondents to reply to a hypothetical situation (i.e., they are considering ending their marriage). These responses are likewise considered as being an acceptable and appropriate reflection of one's values and commitment choices.

1) Commitment Choices

Commitment choices derive from the term "value/commitment choices" and refer to choices arising from one's values. Commitment choices may suggest choices that in some way precede or are responsible for the initiation of a commitment as well as choices that go toward maintaining and/or enhancing (or negating) the marital relationship. Choices that initiate, maintain, affirm and enhance, can be thought of as being in some sense "causes" or "sources" of commitment. Three suggestions follow as to possible types of commitment choices, but it should be noted that other variables could also be considered that would be representative of "causes" or "sources" of commitments (e.g., investment choices, identity choices).

a) "Initiating choices" might describe chosen attitudes along with accompanying behaviours that in some way precede, promote and bring about the establishment of a marital commitment.

b) "Maintaining choices" may aptly describe, for some individuals, a choice to simply maintain and perpetuate the marriage with no thought of personal investment and behaviours that would enrich the marriage. For others, a sense of responsibility may prompt them to maintain their marital relationship. Perhaps Johnson's (1978) sense of moral obligation might fit as a choice which results in just the maintenance of the relationship, whereas for others, one's sense of moral obligation might result in positive choices that build and strengthen the marriage. It is expected that for some individuals, their sense of religious devotion and awareness may impact them significantly. Religious devotion for some may be an intrinsic expression of desire and choice, and for others, the religious considerations may appear to be identified with structural influences (commitment constraints) that are reluctantly chosen.

c) "Affirming choices" is used to designate the ongoing expressions of one's motivations and intentions that lead to behaviours that enhance and strengthen one's marital commitment. These choices are going to facilitate or increase the likelihood of the actual behaviours that should follow--but choices are defined as decisions rather than actions. At the time of developing categories and items used in this study early in 1983, very little attention was given in the literature, apart from Larson's (1982) work, to considering commitment as a motivational and dynamic force within a person. Larson's (1982) reference to choices that affirm and behaviours that enrich marital commitment (referred to as "affirming choices and enriching behaviours") suggest ongoing attitudes and behaviours that are positive and active expressions of commitment choices that contribute to the individual growth and betterment of the husband and wife, as well as to their marital relationship. In a very real sense, these "affirming choices and enriching behaviours" are expressive of one's attitudes of personal dedication and determination to want to improve the relationship as well as indicative of the fact that marital commitment is not only a matter of desires and intentions--but that an aspect of discipline is a necessary requisite in the application of these choices.

Thus, in the assessment of one's commitment choices, an effort is made to measure one's willingness to effect enhancing marital changes in his/her attitudes and behaviours. It is also recognized that expressions of one's willingness are very closely connected to one's sense of dedication to the marriage and determination to continue. Yet the measurement of one's willingness and connected or parallel expressions of dedication and determination may give a meaningful, but perhaps incomplete assessment. This incomplete measurement is acknowledged because no base line has been established to determine what the individual is or has been doing in the past, as compared to the choices they are currently willing and prepared to implement. Yet even though lacking this base line, it is believed that the assessment of one's expressions of dedication, determination, and willingness to effect "affirming choices and enriching behaviours," provides a functional and reasonable indication of commitment choices.

It is noteworthy that three years prior to Stanley's (1986) work, this study's questionnaire used the heading "personal dedication" to describe 41 items used to tap expressions of "affirming choices and enriching behaviours." Under the heading of "commitment choices," and unique to this study, four categories are created which endeavour to tap one's level of commitment choices as expressed by:

1) moral obligation to one's marriage
2) responsibility to one's spouse
3) "affirming choices and enriching behaviours," and
4) a single item modelled after Johnson's (1978) question that taps how strongly a person feels about his/her relationship continuing.

2) Commitment Outcomes

Commitment outcomes describe a wide range of varying consequences that one perceives as being a direct or indirect result of his/her marital commitment. The assessment of these commitment outcomes or consequences provides insights as to how an individual perceives and feels about his/her marital relationship. Johnson (1978, 1985) postulated (but did not operationalize) that one's sense of satisfaction with the relationship and sense of self-identity in the relationship were in some way "sources" of "wanting" to continue a relationship. On the other hand, the CF considers these two components not as "sources" or "causes" of marital commitment but as expressions of commitment outcome. However, because evaluative feedback stems from the commitment outcomes in the CF, it is to be expected that positive outcomes would have an augmenting effect on one's values and create a self-reinforcing cycle. Perhaps only in this limited and indirect sense could commitment outcomes be thought of as having a contributing or "cause" effect on the value/commitment choices impacting the marital commitment. Further, under the heading of commitment outcomes, a wide range of marital concerns and outcomes could be explored in their relationship to commitment. But in drawing from Johnson's (1978) theoretical components, this study uses only the following two categories to tap indications of one's commitment outcomes:

1) fulfilling self-identity in the marriage
2) satisfaction with the marriage

3) Commitment Constraints

The term "commitment constraints" is used to describe an individual's perception of constraining structural influences that pressure an individual (directly and indirectly) to continue with an established line of action (e,g., a marital commitment). One usually only becomes aware of these commitment constraints when contemplating ending the marriage. At that time of reflection, concerns that had never been seriously considered or evaluated come into immediate focus as one struggles with perceived commitment constraints (e.g., pressure from the family to stay, starting over again, the divorce procedures, concerns about the children, financial survival, coping with singleness, etc.) and one has to make some kind of value/commitment choice as to what to do about these perceptions.

The concept of commitment constraints is drawn from the theoretical formulations of Becker's (1960) "side bets" and "commitment by default" (p. 38), Stebbins (1970) "forced or continuance commitment" which results from the "presence or imminence of subjectively defined penalties associated with the attempt or desire to leave a specific position" (p. 527), and Johnson's (1978) structural commitments.

Commitment constraints can serve to provide a type of stabilizing influence in times of marital instability in the sense that one's perceptions of these structural influences tend to serve as barriers or forces (Levinger, 1965; Johnson, 1978, 1985; Stanley, 1986) that pressure an individual to remain with his/her present line of action, provided the individual values his/her present marital instability more than the alternative options. Perhaps, in instances where individuals live with negative commitment outcomes (representing a poor quality marriage), an awareness of the commitment constraints (consequences of leaving) may leave them with such poor options that they choose to defer (in an involuntary sense) to the commitment constraints, and effect commitment choices to just exist and maintain the poor quality marriage--or it may be possible for some individuals, that after evaluating the commitment constraints, they would choose to work harder at their marriage with a view to improving both themselves and their relationship with their spouse. For others, as indicated by the current rate of marital dissolution, their value/commitment choices are such that they choose to leave the current marriage regardless of the commitment constraints.

The close connection between commitment outcomes and commitment constraints occurs because both of these categories are dealing with perceived outcomes or consequences of one's commitment choices. However, by keeping this somewhat artificial, yet helpful, division between commitment outcomes and commitment constraints, it facilitates a clearer understanding of some of the complicated processes that describe the maintenance and modification of commitments. Further, today's commitment choices may, in effect, be leading to commitment outcomes, behaviours, and "side bets" (Becker, 1960; Kiesler, 1971; Lund, 1985) that will tomorrow be readily perceived as commitment constraints, and perhaps valued as serving to reinforce commitment choices. As well, when current commitment outcomes are positive and reinforcing, individuals may voluntarily contemplate and embrace the commitment constraints as an added positive input that provides additional feed-back into their value system, which in turn would lead to more affirming choices and enriching behaviours. But more than likely, if outcomes are satisfactory, an indication one assumes is indicative of a quality marriage, there is probably no need to even think of the constraining influences (Levinger, 1965, Johnson, 1982).

Johnson (1973, 1978), drawing from Becker (1960) and Levinger (1965), has led the field with his theoretical and empirical work with structural constraints. His conceptualization of "structural commitment" or structural constraints has helped to explain why people remain in unsatisfying relationships. Recent longitudinal studies by Udry (1983) and Lund (1985) also support Johnson's (1978, 1985) claim that factors associated with structural constraints are good predictors of relationship continuity.

While this claim appears valid, it is also important to note, that the field dealing with commitment has not, at least from this study's perspective, had opportunity to assess the impact of commitment choices upon relationship continuity. Although it only stands to reason that if commitment constraints (or Johnson's (1978) structural commitment) only increase over time, then it would be natural to conclude that this increase would have an impact on the stability of the relationship. But this conclusion is not entirely accurate in so far as many relationships that had significant commitment constraints may have ended. It was a value choice to terminate. Rather, the ongoing nature of the relationship may not be due to the constraint influences, but ultimately to the value/commitment choices that maintain the marriage. Yet the commitment constraints may have had a very significant impact upon these choices to maintain the relationship.

However, over the long-term course of a marriage, the influential factors that make up commitment constraints will tend to increase as a function of time spent in the marriage. More is put into the marriage (investments), others come to expect the marriage to continue (social pressure), more complicated and painful steps are required to end the marriage (termination procedures), and the alternatives for a wife becoming a single parent with four children, may not be very promising (unattractiveness of alternatives). Using a modified version of Johnson's (n.d.) measures of structural commitment, this study seeks to determine how much pressure an individual perceives constraining them to continue in their marriage. The four components or categories of Johnson (1978, 1982) used to tap expressions of commitment constraints are:

1. termination procedures
2. unattractiveness of alternatives
3. social pressure
4. irretrievable investments

In summation, marital commitment constraints in the CF describe one's perceptions of the structural influences (costs and pressures he/she will face if he/she proceeds to end the marriage) and resulting value/commitment choices that are made in response to these perceptions.

Central Hypotheses

This study views marital commitment as resulting from value/ commitment choices a person has made, and is continuing to make and evaluate in the light of commitment outcomes and commitment constraints--effecting such changes as his/her values may determine. Marital commitment can be assessed by studying three commitment components: commitment choices, outcomes, and constraints. Commitment choices are considered as being causes or predictors of commitment and are measured by four categories. The two categories used to measure commitment outcomes, and the four categories tapping expressions of commitment constraints,are considered as being indicators of marital commitment.

The hypotheses that are tested in this study endeavour to provide insight and understanding into the formation and expressions of marital commitment. In the testing of the hypotheses, the three commitment components are correlated with six groups of independent variables: 1) demographic, 2) life satisfaction, 3) socioeconomic, 4) social support, 5) religious, and 6) marital satisfaction variables (Appendix D). The relations between the three dependent variables, i.e., commitment choices, outcomes, and constraints, will not be examined in this thesis.

> Hypothesis 1: Years married will be positively associated with commitment outcomes and constraints, and negatively associated with commitment choices.

Johnson (1985), Rusbult (1983), Swensen and Trahaug (1985), and Stanley (1986) point to the increasing influence of commitment constraints over time. Johnson (1985), Swensen and Trahaug (1985), Troll and Smith (1976), and Pineo (1961) believe that one's sense of dedication does not increase linearly over time in the marriage relationship. Stanley (1986) found some indication that personal dedication may only decline for a portion of one's married life, presumably during child raising years. Goltz (1987) reported a non-significant negative relation between one's sense of dedication to the marriage for duration of marriage, and a positive significant correlation between constraints and the duration of the marriage.

Hypothesis 2: Life satisfaction variables will be positively associated with commitment choices, outcomes and constraints.

The variables that comprise the life satisfaction scale are: standard of living satisfaction, good money management, work satisfaction, and stress in every day life. Reiss (1980) feels that occupational success increases one's sense of commitment. Goltz (1987) found no significant negative relation between wife employment and marital commitment.

> Hypothesis 3: Socioeconomic indicators (education level, individual and couple income) will be positively associated with commitment choices, outcomes and constraints.

Reiss (1980) considers the reward-tension balance as a force that "might" affect one's determination to stay in a relationship. Goltz (1987) reported that husband income was positively associated with one's attitudes of personal dedication, but reported no significant relationship between income and personal dedication for the married couple or for the wife.

> Hypothesis 4: Social support variables (closeness to neighbours, time spent with friends, time spent with relatives, and being able to get support from others) will be positively associated with commitment choices, outcomes, and constraints.

Johnson (1978, 1985) sees one's social support system as providing positive input toward the ongoing maintenance of the marriage. Goltz (1987) found no significant relationship between strong kinship ties and marital commitment, but his indirect measures suggested that common social affiliations of spouses were positively related to marital commitment.

> Hypothesis 5: Religious variables will be positively associated with commitment choices, outcomes, and constraints.

Findings with respect to one's sense of dedication and religious participation appear to vary slightly. Scanzoni and Arnett (1987) point to religious devoutness (apparently their eight item scale tapped certain religious activities and feelings) as being positively related to marital commitment. However, Larson and Goltz (1987) and Kimmons (1981) noted that individuals scoring low in religious areas were higher in expressions of personal dedication than those who scored high in religious areas. Stanley (1986) found that greater religious devotion (not participation as such) was associated with greater personal dedication and that religious conservatism was associated with greater awareness of constraints. Goltz (1987) indicated that religious participation was significantly related to marital commitment for both husbands and wives.

Hypothesis 6: Marital satisfaction variables will be positively associated with commitment choices and constraints.

Levinger (1965, 1976), Johnson (1978), and Reiss (1980) consider outcomes associated with the relationship, especially the reward-tension balance, as having a great influence in determining one's attraction to the relationship. Surprisingly, Goltz (1987) found a non-significant negative relationship between his measures of personal dedication and reported happiness in the marriage. He reported that only commitment constraints were positively correlated with husbands' and wives' scores of marital satisfaction.

Hypothesis 7: There will be differences in the associations between the independent and dependent variables for husbands and wives

Previous research suggests that females may be more dedicated to their relationships than males are (Murstein and MacDonald, 1983; Kimmons, 1981; Michaels, et. al., 1986; Beach and Broderick, 1983). In contrast, males, on the average, are probably more aware of the structural investments they have made with respect to their marriages.

IV. RESEARCH METHODOLOGY

Measures of Research

While there are references in the literature to commitment related measurements (Hilsdale, 1962; Lewis, 1973; Dean and Spanier, 1974; Johnson,1969, 1973, 1978), a review of Strauss's and Brown's (1978) abstracts of published instruments indicated that there were no published instruments designed to measure marital commitment. At the time of collecting data for this present project early in 1983, Johnson's (1973, 1978) scales appeared to be the most extensive commitment inventory developed to that point. After consulting by phone and letter with Dr. M. P. Johnson and Dr. R. A. Lewis, copies of their commitment instruments were secured. In this study, no items were used from the Lewis (1973) Dyadic Formation Inventory.

Development of the Questionnaire

Johnson's (n.d.) inventory appeared to be similar to that used with University of Pennsylvania students during the mid or late seventies. This inventory was very helpful in that it provided the items he used to measure his four categories of commitment constraints. These constraint items were modified and used in this study. The item used by Johnson (1978) to tap personal commitment (how strongly one felt about wanting to continue the relationship) was also used in this study along with three other Johnson (n.d.) items (questions 23, 33, and 39 in this study's questionnaire).

In order to measure the other two components of commitment, commitment choices and commitment outcomes, additional items were created. These new commitment items were shared and evaluated with fellow students and several professors. After receiving feedback, a number of the questions were deleted and the remainder included in the questionnaire. As well as developing questions, specific items were also included from the works of various authors, especially from Johnson (1978) and Larson (1982.). These items from Johnson (n.d.) and Larson (1982), along with other authors, are noted in the following pages.

The questionnaire used in this study (see Appendices B and C) has four main sections: 1) Background Information, 2) Personal Attitudes (commitment outcomes and choices), 3) "If" (commitment constraints), and 4) Personal Dedication (commitment choices). From the first section dealing with background information and two items in section two (questions 51 and 52), 19 independent variables are clustered into six categories: a) demographic, b) life satisfaction, c) socioeconomic status, d) social support, e) religious, and f) marital satisfaction variables (Appendix D). Sections two and four of the questionnaire contain items dealing with commitment choices, outcomes, and a number of single items related to commitment. Section three, the "If" section, measures expressions of one's awareness of commitment constraints.

Separate questionnaires were made for the husband and for the wife so that the terms husband and wife could be used appropriately in the questions. The questionnaires are identical except for three items in each that deal with work concerns, questions 6, 7, and 8. In the husband's questionnaire, he is asked: 6) whether his work is part-time, full-time or other; 7) to write and identify the type of work he does; and 8) how many jobs he has had in the last 10 years. For the wife' questionnaire, these three questions ask if she is engaged in any kind of activity for which she is paid, if yes, what type of work does she do, and if no, what kind of activities is she engaged in without pay.

Commitment choice items. As a component of commitment, "commitment choices" are considered as having four categories. The first category, "moral obligation to the marriage" is built upon Johnson's (1978) theoretical concept of moral obligation. Two items are used to tap one's sense or expression of moral obligation to the marriage relationship. The second category of "commitment choices" is entitled "responsibility toward one's spouse." Five items are designed to measure one's sense of responsibility toward one's spouse. Larson's (1982) list of items that are descriptive of choices that affirm and behaviours that enrich marital commitment (affirming choices and enriching behaviours) comprises the third category of items, tapping expressions of commitment choices.

The two questions that Johnson (1969, 1973, 1978) used in his research to measure his "personal commitment": "How long would you like your relationship with your partner to last?" and "How strongly do you feel about wanting your relationship with him/her to last that long?" are combined in this study as one question which asks for a response to the statement: "I want my marriage relationship with my wife/husband to last a lifetime." This one question is considered as the fourth category of "commitment choices."

Thus, the four categories of commitment choices are:

1) moral obligation to the marriage, q. 31, 37
2) responsibility to spouse, q. 24, 29, 30, 34, 36
3) "affirming choices and enriching behaviours" q. 25, 27, 87 through to 127
4) a single item modelled after Johnson's (1978) question that taps how strongly a person feels about his/her relationship continuing, q. 28

Commitment outcome items. "Commitment outcomes" make up the second component of commitment. In this exploratory study, this component is measured by using two categories. These two categories are suggested by Johnson (1978) as being "sources" of commitment but this study views these categories as being consequences or outcomes of commitment. The first category uses two items to tap one's sense of fulfilling self-identity that is associated with being in the marriage. The second category, with two items, measures one's sense of satisfaction with the marriage. Thus, the two categories used to measure commitment outcomes are:

1) fulfilling self-identity in the marriage, q. 22, 35
2) satisfaction with the marriage, q. 39, 51

Commitment constraint items. The "If" section of the questionnaire deals with commitment constraints. It is unique in that it begins by asking the respondent to imagine what it might be like if he/she was suddenly faced with the prospect of a possible end to his/her marriage and how they might feel about these various issues. Thus, this response to a hypothetical situation provides insights as to how the individual feels about constraining influences. Johnson's (n.d.) inventory with its four constraint categories (structural commitments) are modified and used in this section to measure commitment constraints:

1) termination procedures
2) unattractiveness of alternatives
3) irretrievable investments
4) social pressures

His measure of termination procedures has 12 items that are designed to tap how easy or difficult it would be to do some of the things associated with terminating the relationship. Three of his items: 1) help my partner move, 2) search for a new roommate, and 3) find a job, were deleted and replaced in this study with measures more appropriate for married couples: 1) initiate separation procedures, 2) tell the children, and 3) decide on custody of the children. In the eight Johnson items that were retained, slight modifications were made as seemed appropriate, and the word partner was deleted and replaced with either husband or wife.

Johnson's measure of unattractiveness of alternatives has 17 items to measure how one would feel about the attractiveness of available alternatives that will face them upon the dissolution of their relationship. In this study, six of his items were deleted: 1) change my circle of friends, 2) be with current friends more, 3) study more, 4) attend a different school, 5) quit school altogether, 6) live with other same sex roommates, and replaced with 1) leaving long time friends, 2) my children not having a two parent home, 3) not having my children with me, 4) not having someone to share child care and discipline, 5) my sexual needs not being adequately met, and 6) giving up my status as a married woman/man.

Johnson's (n.d.) inventory structure to measure social pressures is cumbersome and overwhelming with its nine columns. In this study, his scale was changed to four columns with the headings of: initials, relation, importance, and end. For example, by having a respondent note: the initials of his/her parents, and how important he/she considered their opinions to be, and how he/she felt his/her parents would feel about a possible dissolution of the marriage--these responses provide considerable insight into the amount of social pressure an individual might perceive as constraining them to stick with their marriage. This knowledge and awareness of how other important relatives and friends would feel if one considered ending his/her marriage is used to create an index to measure how much social pressure one might hypothetically feel to not leave the marriage.

Johnson's irretrievable investment scale contained only one response option on a Likert like scale from one to seven, with the number 1 assigned a value of "a very small investment" and 7 valued as "a very large investment." In this study, a similar five-point Likert like scale is used and the respondent is asked to indicate how much of an investment he/she had made in marriage with respect to three separate items: time, money, and emotional effort.

Single items. In addition to the previous three commitment components with their individual categories, other single items that are related to commitment are also included in the questionnaire. Some of these single items touch upon: thoughts about ending the marriage, priorities, the respondent's view of his/her level of dedication, and view of his/her marriage. Also used are: the item that Dean and Spanier (1974) developed for measuring commitment (question 49), and the happiness scale (question 52) from Spanier's (1976) Dyadic Adjustment Scale.

Method of Research

The subjects in this study were not randomly selected. Rather, questionnaires for both the husband and wife were circulated to various work places, churches, and in some instances, by door to door canvassing. Those distributing and collecting the questionnaires gave the husband and wife questionnaires to married individuals. The questionnaires for the husband and the wife were in separate envelopes along with instructions for their completion--either mailing them in separate pre-addressed envelopes to the university or returning them sealed in separate envelopes to the individual who distributed them. While this method of distributing and collecting was time consuming, the help of a number of friends greatly facilitated the collection of the questionnaires.

Response to Questionnaire

A total of 416 husband and 416 wife questionnaires and envelopes were distributed. Considering the length of time (about 30 minutes) it took an individual to complete the questionnaire and the voluntary nature of both the response and collection, the return was encouraging. In total, 472 individuals responded out of a possible 832 (a response rate of 56.7 percent). Of the 472 respondents, 459 were legally married individuals, and 13 individuals were living in common-law relationships. These 459 married individuals comprised 216 couples, plus 7 husbands whose wives did not return a questionnaire, and 20 wives whose husbands did not return a questionnaire.

The respondents in the sample represent a fairly even distribution over the span of years married. The following table, Table 4.1, gives the approximate percentages of those 459 husbands and wives in the various "years married" groups:

Table 4.1 Length of Marriage

	Number	Percent
Married less than 1 yr.	63	14%
Married 1 to 5 years	138	30%
Married 6 to 9 years	55	12%
Married 10 to 19 years	92	20%
Married 20 plus years	110	24%
Totals	459	100%

The religious preferences or church affiliations of the 459 responding husbands and wives indicate the following:

Table 4.2 Religious Preference

	Number	Percent
Catholic	120	26%
Mainline Denominations	64	14%
Conservative Denom.	124	27%
Unspecified Protestant	9	2%
No Religious Preference	142	31%
Totals	459	100%

Recognizing that this non-random sample will not permit a generalizing of the results of this exploratory study--it is nevertheless important to note that the distribution of years married and the religious composition of this sample appear to indicate that this sample represents a fairly reasonable cross sectional representation of married subjects. As such, the results of this study will be indicative of this sample and will hopefully point to trends that can be examined and tested with other subjects.

V. RESULTS OF RESEARCH

The data collected for this study were factored for husbands and wifes individually and index variables created. These new indices along with the frequency distribution of the remaining variables were collapsed to form a new frequency distribution from which separate husband and wife Pearson correlation matrices were created. These correlations provide a limited and primitive review of what the data show. Additional statistical work and clarification is required in order to adequately complete the analysis of these data.

Appendix D lists the 19 independent variables which are organized into six categories: demographic, life satisfaction, socioeconomic, social support, religious, and marital satisfaction variables. The dependent variables: commitment choices, outcomes, constraints, indices, and single items, and their correlations with the independent variables are found in Appendix E through Appendix I.

Overview of Correlations

This overview highlights the general patterns and trends that are suggested by the correlations between the independent variables and the dependent variables. To facilitate this overview, seven tables are included in this chapter which summarize the 41 pages of correlations found in Appendix E through Appendix I.

Table 5.1 summarizes the correlations for commitment choices. Forty-one items in four different categories are used to measure the varying aspects of choices. These four categories are: a sense of moral obligation, a sense of responsibility, affirming choices and enriching behaviours, and one item duplicating and modifying Johnson's (1978) measure of personal commitment (see Appendix F). These four categories are called examples of choices because they involve the formation and execution of a conscious decision to do or not to do, things related to one's expressions of marital commitment.

The correlations for commitment outcomes are found in Table 5.2: Four variables in two categories (a sense of fulfilling self-identity and a sense of satisfaction) are used to measure outcomes. These two categories are designated as outcomes because they describe some of the consequences or results of commitment in the life of an individual. The correlations for these dependent variables are found in Appendix G.

Table 5.3 contains the correlation summaries for the four categories that define commitment constraints: termination procedures, unattractiveness of alternatives, social pressures, and irretrievable investments. These four categories are called constraints because individuals perceive them as influencing and pressuring them to continue with a consistent line of action. Appendix H contains the correlations for these dependent variables.

The correlations for the indices created from the factor analysis of questions 22 through 40 are summarized in Table 5.4. These questions from Section II (Personal Attitudes) of the questionnaire, factored differently for husbands and wives. Thus, the resulting indices do not contain the same variables.

Tables 5.5 and 5.6 summarize the indices for termination procedures and unattractiveness of alternatives (two of the commitment constraint categories). Termination procedures seek to measure one's awareness of the difficulties he/she would face upon ending their marriage. The unattractiveness of alternatives taps one's sense of unhappiness with changes that would result if the marriage were dissolved. These indices do not allow for an accurate comparison of the correlations among husbands and wives due to the variation in factor analysis.

Single item correlations are summarized in Table 5.7. The 15 single items refer to questions in the questionnaire (e.g., 38, 41, 46, etc.) that do not fall into one of the three major categories (i.e., choices, outcomes, and constraints), but which are related to marital commitment.

In considering the summaries of the correlations found in Tables 5.1 through 5.7, a pattern or trend is evident. This pattern indicates that the greatest number of significant correlations for husbands and wives occur between the religious and marital satisfaction independent variables and the marital commitment measures. Life satisfaction and social support variables tend to have the next largest number of significant correlations. Demographic and socioeconomic variables usually have the least number of significant correlations. However, apart from the religious variables generally having the largest number of significant correlations, in some of the tables there are departures from this general trend with some of the independent categories.

In the tables summarizing the correlations of commitment choices, outcomes, and constraints (Tables 5.1, 5.2, and 5.3), it is important to note that there is a larger number of significant correlations among husbands than there is among wives. This pattern is repeated with the indices from questions 22 through 40 (Table 5.4). However, this pattern is reversed in the summaries of the indices of the termination procedures (Table 5.5) and the unattractiveness of alternatives (Table 5.6). These two summaries show a larger number of significant correlations among wives than among husbands.

It is also of interest that the highest percentage (54%) of possible correlations among husbands and wives, occurs between the independent variables and the commitment outcome variables (Table 5. 2). Between commitment choices and the independent variables, 40% of the total number of possible correlations among husbands and wives occur (Table 5.1). Only 33% of possible correlations among husbands and wives occur between commitment constraints and the independent variables (Table 5.3). The lowest number of possible correlations (29%) among husbands and wives is between the termination procedures indices and the independent variables (Table 5.5).

Table 5.1

Summary of Correlations between
Commitment Choices (Dependent Variables) and
Independent variables (from appendices F-1 to F-18)

Categories of Independent Variables	Percentage of Significant Corr.			Total Number of Possible Corr.		
	H&W	H	W	H&W	H	W
Demographic (H&W)	22%			392		
Husbands		25%			196	
Wives			18%			196
Life Satis. (H&W)	39%			392		
Husbands		36%			196	
Wives			41%			196
Socioeconomic (H&W)	15%			294		
Husbands		7%			147	
Wives			23%			147
Social Support (H&W)	31%			392		
Husbands		51%			196	
Wives			12%			196
Religious (H&W)	93%			196		
Husbands		95%			98	
Wives			91%			98
Marital Satis. (H&W)	84%			196		
Husbands		83%			98	
Wives			85%			98
Total Corr. (H&W)	40%			1862		
Husbands		43%			931	
Wives			37%			931

Table 5.2

Summary of Correlations between Commitment Outcomes (Dependent variables) and Independent Variables(from appendices G-1 and G-2)

Categories of Independent Variables	Percentage of Significant Corr.			Total Number of Possible Corr.		
	H&W	H	W	H&W	H	W
Demographic (H&W)...	19%			32		
Husbands		25%			16	
Wives			13%			16
Life Satis. (H&W)	75%			32		
Husbands		69%			16	
Wives			81%			16
Socioeconomic (H&W)	8%			24		
Husbands		--%			12	
Wives			17%			12
Social Sup't (H&W) ...	72%			32		
Husbands		100%			16	
Wives			44%			16
Religious (H&W)	75%			16		
Husbands		88%			8	
Wives			63%			8
Marital Satis. (H&W)	100%			14		
Husbands		100%			7	
Wives			100%			7
Total Corr. (H&W)....	54%			150		
Husbands		60%			75	
Wives			48%			75

Table 5.3

Summary of Correlations between
Commitment Constraints (Dependent Variables) and
Independent Variables (from appendices H-1 to H-13, excl. indices)

Categories of Independent Variables	Percentage of Significant Corr.			Total Number of Possible Corr.		
	H&W	H	W	H&W	H	W
Demographic (H&W)	41%			184		
Husbands		34%			92	
Wives			48%			92
Life Satis. (H&W)	29%			184		
Husbands		38%			92	
Wives			20%			92
Socioeconomic (H&W)	21%			138		
Husbands		26%			69	
Wives			16%			69
Social Support (H&W)	16%			184		
Husbands		23%			92	
Wives			9%			92
Religious (H&W)	66%			92		
Husbands		72%			46	
Wives			61%			46
Marital Satis. (H&W)	45%			92		
Husbands		57%			46	
Wives			33%			46
Total Corr. (H&W)	33%			874		
Husbands		38%			437	
Wives			28%			437

Table 5.4

Summary of Correlations between indices from factor of q. 22-40 and Independent Variables (from appendices E-1 and E-2)

Categories of Independent Variables	Percentage of Significant Corr. H&W	H	W	Total Number of Possible Corr. H&W	H	W
Demographic (H&W)	25%			16		
Husbands		25%			8	
Wives			25%			8
Life Satis. (H&W)	50%			16		
Husbands		63%			8	
Wives			38%			8
Socioeconomic (H&W)	17%			12		
Husbands		--			6	
Wives			33%			6
Social Support (H&W)	38%			16		
Husbands		75%			8	
Wives			--			8
Religious Part (H&W)	100%			8		
Husbands		100%			4	
Wives			100%			4
Marital Satis. (H&W)	63%			8		
Husbands		75%			4	
Wives			50%			4
Total Corr. (H&W)	43%			76		
Husbands		53%			38	
Wives			34%			38

Table 5.5

Summary of Correlations between Termination Procedures' indices from Factor of questions 54 to 65 (Constraint Commitment) and Independent Variables (from appendices H-1 to H-3)

Categories of Independent Variables	Percentage of Significant Corr.			Total Number of Possible Corr.		
	H&W	H	W	H&W	H	W
Demographic (H&W)	29%			24		
Husbands		17%			12	
Wives			42%			12
Life Satis. (H&W)	8%			24		
Husbands		8%			12	
Wives			8%			12
Socioeconomic (H&W)	11%			18		
Husbands		--%			9	
Wives			22%			9
Social Support (H&W)	13%			24		
Husbands		--%			12	
Wives			25%			12
Religious (H&W)	83%			12		
Husbands		100%			6	
Wives			67%			6
Marital Satis. (H&W)	75%			12		
Husbands		67%			6	
Wives			83%			6
Total Corr. (H&W)	29%			114		
Husbands		23%			57	
Wives			35%			57

Table 5.6

Summary of Correlations between Unattractiveness of alternatives' indices from Factor of questions 66-82 (Constraint Commitment) and Independent Variables (from appendices H-6 to H-8)

Categories of Independent Variables	Percentage of Significant Corr. H&W	H	W	Total Number of Possible Corr. H&W	H	W
Demographic (H&W).....	47%................			32................		
Husbands		38%			16	
Wives			56%			16
Life Satis. (H&W)	22%................			32................		
Husbands		19%			16	
Wives			25%			16
Socioeconomic (H&W)	21%................			24................		
Husbands		17%			12	
Wives			25%			12
Social Support (H&W)	25%................			32................		
Husbands		31%			16	
Wives			19%			16
Religious (H&W)	88%................			16................		
Husbands		75%			8	
Wives			100%			8
Marital Satis. (H&W)	19%................			16................		
Husbands		--			8	
Wives			38%			8
Total Corr. (H&W)......	34%			152................		
Husbands		29%			76	
Wives			39%			76

Table 5.7

Summary of Correlations between Single Items (Dependent Vars.) and Independent Variables (from appendices I-1 to I-6)

Categories of Independent Variables	Percentage of Significant Corr. H&W	H	W	Total Number of Possible Corr. H&W	H	W
Demographic (H&W).....	31%			120		
Husbands		28%			60	
Wives			33%			60
Life Satis. (H&W)	49%			120		
Husbands		38%			60	
Wives			60%			60
Socioeconomic (H&W)	17%			90		
Husbands		13%			45	
Wives			20%			45
Social Support (H&W)	38%			120		
Husbands		55%			60	
Wives			20%			60
Religious (H&W)	80%			60		
Husbands		80%			30	
Wives			80%			30
Marital Satis. (H&W)	85%			60		
Husbands		83%			30	
Wives			87%			30
Total Corr. (H&W)........	45%			570		
Husbands		45%			285	
Wives			45%			285

Hypotheses

For husbands and wives, the hypotheses are tested by examining the significant positive and negative correlations between the dependent and independent variables . Because of the importance given in this study to hypothesis 1, more attention is given to the discussion of this hypothesis than to others.

> Hypothesis 1: Years married will be positively associated with commitment outcomes and constraints, and negatively associated with commitment choices.

In discussing this hypothesis, the association between years married and 1) commitment outcomes, 2) commitment constraints, and 3) commitment choices, are examined. The correlations between years married, for husbands and wives separately, are examined for each of these categories of variables. This is followed by a brief summary.

Years married and commitment outcomes. Commitment outcomes are tapped by four variables that measure self-identity and satisfaction with the marriage (Table 5.8). Among husbands and wives, there are no significant correlations between the dependent variables and years married. Hypothesis 1 is not supported.

Table 5.8

Number of Significant Correlations between Commitment Outcomes and Years Married (from Appendices G-1 and G-2)

	Years Married		(No. possible corrs. each for H. and W.)
	Husb.	Wives	
Com't Outcomes			
Self-Identity	0	0	(2)
Satis. with marr.	0	0	(2)

Years married and commitment constraints. Among husbands, there are four significant correlations between years married and the termination variables and indices (Table 5.9). Among wives, in comparison, there are seven correlations. For both husbands and wives, these positive correlations support hypothesis 1. The degree of difficulty in terminating the marriage, increases with the number of years married. In addition to there being more correlations between the variables for wives, in the four correlations among husbands and wives for the same four independent and dependent variables, the correlations are stronger among wives. It would seem that wives, in comparison to husbands, are more sensitive to the difficulties that would surround terminating their marriages.

Table 5.9

Number of Significant Correlations between Commitment Constraints and Years Married (from Appendices H-1 through H-13)

	Years Married			(No. possible corrs.
	Husb.		Wives	each for H. and W.)
Com't Constraints				
Term. Proced.	4+		7+	(11)
Unattract. Altern.	7+	1-	8+	(13)
Social Pressure			1+	(3)
Irretriev. Invest.	1+	—	1+	(3)
	12+	1-	17+	(30)

+ = positive correlation - = negative correlation

For husbands, there are seven positive correlations and one negative correlation out of a possible 13 correlations between years married and the unattractiveness of alternatives variables and indices (Table 5.9). The positive correlations appear to suggest an awareness on the part of husbands as to how unhappy they would feel in adjusting to events following the end of their marriage. These positive correlations support hypothesis 1. However, among husbands, the one negative correlation (-.130[1] in Appendix H-6) between years married and feeling unhappy about being a single parent and the children being absent, is an exception to the support of hypothesis 1. For wives, there are eight correlations out of a possible 13 between years married and the unattractiveness of alternatives variables and indices. Hypothesis 1 is supported by both husbands and wives.

Between the social pressure variables and years married (Table 5.9), there are three possible correlations. Among husbands, there are no correlations whereas among wives there is one positive correlation. Thus, hypothesis 1 is supported for wives, but not for husbands. It would seem that husbands, as compared to wives, are less affected by social pressures.

The last category or type of commitment constraint, irretrievable investments (Table 5.9), has three items. Between one of these three variables, "investment of time in marriage" and years married, there are positive correlations for both husbands and wives which support hypothesis 1.

In summary, the positive associations for wives between years married and the four categories of commitment constraints, support hypothesis 1. Husbands' support of hypothesis 1 is not as strong as the wives. Among husbands, there are positive associations between years married and only three out of the four commitment constraint categories (termination procedures, unattractiveness of alternatives, and irretrievable investments), and no associations with social pressures. Overall, wives, more than husbands, appear to indicate slightly more awareness of commitment constraints.

Years married and commitment choices. The commitment choice dimension of marital commitment is made up of four categories: moral obligation, responsibility, affirming choices and enriching behaviours, and a one item measure (Table 5.10). In the first category, among husbands, there are no significant correlations between years married and the two variables tapping one's sense of moral obligation. On the other hand, among wives, there are two significant positive correlations between years married and these two items. Thus, for both husbands and wives, hypothesis 1 is not supported as years married are not negatively associated with moral obligation.

Table 5.10

Number of Significant Correlations between Commitment Choices and Years Married (from Appendices F-1 through F-18)

	Years Married		(No. possible corrs. each for H. and W.)
	Husb.	Wives	
Com't Choices			
Moral Obligation		2+	(2)
Responsibility			(5)
Aff. Ch. & En. Beh.	2+ 10-	1+	(41)
One Item Measure			(1)
	2+ 10-	3+	(49)

+ = positive correlation - = negative correlation

The five variables which measure the sense of responsibility to spouse, make up the second category of commitment choices (Table 5.10). For both husbands and wives, there are no significant correlations between these five commitment choice variables and years married. Hypothesis 1 is not supported.

Forty-one variables comprise the third category of commitment choices, affirming choices and enriching behaviours (Table 5.10). Among husbands, there are l3 significant correlations between years married and affirming choices and enriching behaviours. One of these 13 correlations refers to a variable (Appendix F-8) entitled: "I would have more children." For both husbands and wives, the correlations between years married and this particular variable were significant negative correlations. However, these significant negative correlations are not included in either Table 5.10, 5.11, and 5.12 because it is reasonable to conclude that older couples would not anticipate continuing or planning to have children. Such a reasonable choice by older couples is assumed to be representative of a healthy marriage. This particular item would be more applicable to younger couples where the wife is of child bearing age, or where adoption would be most suitable.

For husbands, the 10 negative correlations (Table 5.10, 5.11) between years married and affirming choices and enriching behaviours, support hypothesis 1, while the two positive

Table 5.11

Yrs. Marr. for Husbs. by "Affirm. Choices & Enrich. Behav." (Sig. Corr.)

Variables	Ques #	Correlations	Appendix
I am willing to change my expectations	27	-.177[2]	F-4
I would do positive thing for spouse	88	-.160[2]	F-5
I would go more places with spouse	93	-.115[1]	F-6
I would control my emotions e.g., anger	94	-.124[1]	F-7
I would change my job	98	-.256[3]	F-8
I would drop non-family activity	101	-.188[2]	F-9
I would help spouse with her jobs	105	-.167[2]	F-10
I would work at accepting our differen's	108	-.139[1]	F-11
I would take courses on marr. improve't	110	-.171[2]	F-12
I would get help with my problems	112	-.114[1]	F-13
I would define success marr. as my job	115	+.159[2]	F-14
I would improve quality of making love	121	+.127[1]	F-15

[1]=.05 [2]=.01 [3]=.001

Table 5.12

Yrs. Marr. for Wives by "Affirm. Choices & Enrich. Behav." (Sig. Corr.)

Variables	Ques #	Correlations	Appendix
I would give up bad habits	91	+.113[1]	F-6

[1]=.05 [2]=.01 [3]=.001

correlations appear to be exceptions. Among wives, the absence of negative correlations between years married and affirming choices and enriching behaviours, does not support hypothesis 1 (Table 5.12).

For the one item measure (Table 5.10) that asks how strongly one feels about wanting his/her marriage to last a lifetime, among husbands and wives, there are no significant correlations between years married and this item. Hypothesis 1 is not supported. It is probable that the answers of husbands and wives were such that regardless of years married, they expressed strong feelings about wanting their marriage to continue.

In summary (Table 5.10), among husbands only one of the four categories (affirming choices and enriching behaviours) comprising the commitment choice dimension, is negatively associated with years married. The findings in this category support hypothesis 1. It is noteworthy that with respect to the correlations among both husbands and wives for this particular category (affirming choices and enriching behaviours), that the 10 negative associations (and 2 positive associations) for husbands are in contrast to only 1 positive association for wives. Among wives, hypothesis 1 is not supported by the associations between years married and all four of the commitment choice dimensions.

Table 5.13

Summary of findings re: hypothesis 1

Years married will be positively associated with commitment outcomes (two categories)

Ind. Var.	Dep. Var.	H &/or W	Hypothesis supported
Yrs. mar.	Com't outcomes (self-identity, sense of satisfaction)	H & W	no

……

Years married will be positively associated with commitment constraints (four categories)

Ind. Var.	Dep. Var.	H &/or W	Hypothesis supported
Yrs. mar.	Com't constraints (term. proced., unatt. of alter., irretr. invest.)	H	yes
Yrs. mar.	Com't constraints (social press)	H	no
Yrs. mar.	Com't constraints (four categories)	W	yes

……

Years married will be negatively associated with commitment choices (four categories)

Ind. Var.	Dep. Var.	H &/or W	Hypothesis supported
Yrs. mar.	Com't choices (moral oblig., sense of responsibility and single item)	H	no
Yrs. mar.	Com't choices (affirming choices and enriching behaviours)	H	yes
Yrs. mar.	Com't choices (four categories)	W	no

Hypothesis 1 summary. Among husbands (Table 5.13), there is partial support for Hypothesis 1. While the associations between years married and commitment outcomes strongly support hypothesis 1, the associations between years married and commitment constraints and choices, provide only limited support. This limited support among husbands results from the fact that three of the four constraint categories and only one of the four commitment choice categories support hypothesis 1.

Among wives, hypothesis 1 is less strongly supported than by husbands. Only between years married and commitment constraints, is hypothesis 1 supported by wives (Table 5.13).

Hypothesis 2: Life satisfaction variables will be positively associated with commitment choices, outcomes and constraints.

The life satisfaction dimension is comprised of four categories: standard of living satisfaction, good money management, work satisfaction, and low or moderate everyday stress (Appendix D). In discussing hypothesis 2, the associations between life satisfaction and 1) commitment choices, 2) commitment outcomes, and 3) commitment constraints, are studied. The correlations between the life satisfaction variables, for husbands and wives separately, are examined for each of three dimensions of marital commitment. A brief summary follows.

Life satisfaction and commitment choices. Among husbands, there are 70 significant correlations (out of a possible 196) between the life satisfaction variables and the dependent commitment choice variables (Table 5.14). Among wives, there are 81 significant correlations. Hypothesis 2 is supported by both husbands and wives.

Table 5.14

Number of Significant Correlations between Life Satisfaction Variables and Commitment Choices (Appendices F-1 through F-18)

	Commitment Choices		(No. possible corrs. each for H. and W.)
Life Satis. Vars.	Husb.	Wives	
Std. of Living	37+	23+	(49)
Good Money Mgmt.	19+	23+	(49)
Work Satisfaction	14+	20+	(49)
Low/mod. Stress	___	15+	(49)
	70+	81+	(196)

+ = positive correlation - = negative correlation

In reviewing the relationships between each of the four life satisfactions categories and the commitment choice variables, the following insights are noted. Among husbands, 37 (53%) of the 70 correlations are between the standard of living variable and commitment choices, while 19 (27%) are between good money management and the commitment choice variables, and 14 (17%) between work satisfaction the commitment choice variables. Interestingly, for husbands, there is not a single significant correlation between low or moderate stress in everyday life and the dependent commitment choice variables.

Among wives, the relationships between each of the four life satisfaction categories and the commitment choice variables indicate: 23 (29%) of the 81 correlations are between the standard of living variable and commitment choice variables, 23 (29%) between good money management and commitment choices, and 20 (25%) between work satisfaction and the commitment choice variables. Importantly, and in contrast to no correlations between low or moderate everyday stress and the commitment choice variables for husbands--among wives, 15 (17%) of the correlations are between low or moderate everyday stress and the commitment choice variables. This would suggest that in comparison to husbands, expressions of commitment choices increase among wives as everyday stress decreases.

Life satisfaction and commitment outcomes. Among husbands and wives, there are strong positive associations between the life satisfaction independent variables and the commitment outcome variables (Table 5.15). Hypothesis 2 is supported. Out of a possible 16 correlations between the life satisfaction variables and commitment outcome variables, there are 11 significant correlations for husbands and 13 for wives.

In considering the four categories of the life satisfaction dimension and their relation to commitment outcomes, one quarter (i.e., four) of the correlations for husbands as well as wives, are between the standard of living variable and commitment outcomes.

Table 5.15

Number of Significant Correlations between Life Satisfaction Variables and Commitment Outcomes (Appendices G-1 and G-2)

	Commitment Outcomes		(No. possible corrs. each for H. and W.)
Life Satis. Vars.	Husb.	Wives	
Std. of Living	4+	4+	(4)
Good Money Mgmt.	2+	2+	(4)
Work Satisfaction	4+	3+	(4)
Low/mod. Stress	1+	4+	(4)
	11+	13+	(16)

+ = positive correlation - = negative correlation

Between work satisfaction and commitment outcomes, there are four correlations among husbands and three among wives. Among both husbands and wives, there are two correlations between good money management and commitment outcomes. In contrast with husbands, among wives there are four times as many correlations between low or moderate stress in everyday life and commitment outcome variables. This would suggest that among wives, as compared to husbands, a decrease in everyday stress is associated with increasing positive commitment outcomes.

Life satisfaction and commitment constraints. Among husbands, there are 37 positive correlations out of a possible 120 between the life satisfaction variables and commitment constraint variables and indices (Table 5.16). Among wives there are 22 positive correlations. Hypothesis 2 is supported. However, note can be made that among husbands there are two additional negative correlations. Among wives there is one additional negative correlation. These negative correlations appear as exceptions to the overall support of hypothesis 2.

In considering the associations between the independent and dependent variables among the husbands and wives, several differences are evident. Good money management among husbands

Table 5.16

Number of Significant Correlations between Life Satisfaction Variables and Commitment Constraints (Appendices H-1 Thro' H-13)

	Commitment Constraints				(No. possible corrs.
	Husb.		Wives		each for H. and W.)
Life Satis. Vars.					
Std. of Living	16+	1-	7+		(30)
Good Money Mgmt.	15+		2+		(30)
Work Satisfaction	6+		5+		(30)
Low/mod. Stress	—	1-	8+	1-	(30)
	37+		22+		(120)

+ = positive correlation   - = negative correlation

(lack of hardship from debts) is more strongly positively associated with an awareness of commitment constraints, than it is among wives. Among husbands, there are no positive correlations between low or moderate everyday stress and the commitment constraint variables. In contrast, among wives, there are eight positive correlations between low or moderate everyday stress and the commitment constraint variables. Among wives, this would point to an increasing awareness of commitment constraints as everyday stress decreased.

Hypothesis 2 summary. Hypothesis 2 is supported. Among husbands and wives, the life satisfaction variables are positively associated with commitment choices, outcomes, and constraints. In comparing the individual categories that comprise the life satisfaction variables with the commitment variables, the following relationships are noted. For husbands and wives, the standard of living satisfaction and work satisfaction, are strongly associated with the commitment variables. Good money management appears more strongly associated with the commitment variables among husbands than among wives. In contrast, low or moderate everyday stress in life among husbands is not associated with the commitment variables. Whereas, among wives, low or moderate stress in everyday life is strongly associated with the commitment variables.

> Hypothesis 3: Socioeconomic indicators (education level, individual income and couple income) will be positively associated with commitment choices, outcomes and constraints.

In discussing hypothesis 3, the associations between the socioeconomic indicators and 1) commitment choices, 2) commitment outcomes, and 3) commitment constraints, are examined for husbands and wives separately. A brief summary follows.

Socioeconomic indicators and commitment choices. Among husbands and wives, hypothesis 3 is not supported by the socioeconomic associations with commitment choices (Table 5.17). This lack of support for hypothesis 3 is strongest for wives. Among wives, there are 30 negative correlations between the socioeconomic variables and commitment choice variables. Of these 30 negative correlations, 15 are between personal income and commitment choices, 11 between education level and commitment choices, and 4 between couple income and commitment choice variables. Among wives, the four positive correlations between the socioeconomic variables and commitment choice variables, appear as exceptions. Among husbands, the apparent lack of clarity in the associations,

Table 5.17

Number of Significant Correlations between Socioeconomic Variables and Commitment Choices (Appendices F-1 Through F-18)

	Commitment Choices				(No. possible corrs. each for H. and W.)
	Husb.		Wives		
Socioec. Vars.					
Education	3+	2-	1+	11-	(49)
Personal Income	2+	1-		15-	(49)
Couple Income	1+	1-	3+	4-	(49)
	6+	4-	4+	30-	(147)

+ = positive correlation - = negative correlation

four negative and six positive, between the socioeconomic indicators and commitment choice variables, does not suggest support for hypothesis 3.

The fact that there are four times as many negative correlations among wives as there are among husbands, emphasizes the contrast between husbands and wives. For wives, personal income and education level appear as strong negative indicators of commitment choices

Socioeconomic indicators and commitment outcomes. Between the socioeconomic indicators and commitment outcomes variables (Table 5.18), there are two (out of a possible 12) significant positive correlations among wives, but none among husbands. Thus,

Table 5.18

Number of Significant Correlations between Socioeconomic Variables and Commitment Outcomes (Appendices G-1 and G-2)

	Commitment Outcomes		(No. possible corrs. each for H. and W.)
	Husb.	Wives	
Socioec. Vars.			
Education			(4)
Personal Income			(4)
Couple Income		2+	(4)
		2+	(12)

+ = positive correlation   - = negative correlation

hypothesis 3 is supported by wives, but not by husbands. These two significant positive correlations among wives are between couple income and satisfaction with the marriage.

Socioeconomic indicators and commitment constraints. The correlations between the socioeconomic indicators and constraint variables (Table 5.19), indicate that hypothesis 3 is supported by husbands but not by wives. Out of a possible 90 correlations each among husbands and wives between the socioeconomic indicator variables and the commitment constraint variables, there are 20 positive correlations among husbands, and 5 positive and 11 negative correlations among wives. Among husbands and wives,

Table 5.19

Number of Significant Correlations between Socioeconomic Variables and Commitment Constraints (Appendices H-1 thro' H-13)

	Commitment Constraints			(No. possible corrs. each for H. and W.)
Socioec. Vars.	Husb.	Wives		
Education	3+		2-	(30)
Personal Income	10+	1+	9-	(30)
Couple Income	7+	4+		(30)
	20+	5+	11-	(120)

+ = positive correlation   - = negative correlation

there are positive associations between the couple income variable and the commitment constraint variables, seven positive correlations among husbands and four among wives. This tends to suggest for both husbands and wives that an increase in couple income increases the awareness of commitment constraints.

However, in regard to personal income, this trend is reversed for wives. Among wives, 9 of the 11 negative correlations are between personal income and constraint variables. It would seem that an increase in personal income among wives is associated with a decreased awareness of commitment constraints. In contrast, among husbands the 10 positive correlations between personal income and commitment constraints, suggest that the awareness of commitment constraints increase along with personal income. This same contrast between husbands and wives is noted in the correlations between education and commitment constraints. Among wives there are two negative correlations and among husbands there are three positive correlations between education and commitment constraints.

Hypothesis 3 summary. From the associations of the socioeconomic variables and commitment variables, there is only limited support for hypothesis 3 among husbands and wives. For wives, but not for husbands, there is support for hypothesis 3 from the associations between the socioeconomic variables and commitment outcome variables. Whereas among husbands, but not among wives, there is support for hypothesis 3 between the socioeconomic variables and the commitment constraint variables. But for both husbands and wives, there is no support for hypothesis 3 from the correlations between the socioeconomic variables and commitment choice variables.

The contrast among husbands and wives in the number of negative and positive correlations between the socioeconomic variables and the commitment choice, outcome, and constraint variables, is very important. Compared to husbands, the levels of education and personal income among wives are associated with decreased expressions of commitment choices and constraints. It would appear that among wives, higher levels of education and personal income may be representative of an individualism which contributes to lower levels of marital commitment.

Hypothesis 4: Social support variables will be positively associated with commitment choices, outcomes, and constraints.

The social support dimension is made up of four categories: closeness to neighbours, time spent with friends, time spent with relatives, and being able to get support from others (Appendix D). In testing hypothesis 4, the correlations between the social support variables and 1) commitment choices, 2) commitment outcomes, and 3) commitment constraints, are examined separately for husbands and wives for each of the three dimensions of marital commitment. This is followed by a brief summary.

Social support and commitment choices. Between the social support variables and the commitment choice variables (Table 5.20), hypothesis 4 is strongly supported among husbands by the 99 positive correlations and among wives, but to a lesser degree, with 23 positive associations.

Between the support group variable and commitment choices, there are 37 correlations for husbands, compared to only 2 correlations for wives. The second largest number of correlations among husbands, 29 out of 99, is between closeness to neighbours and commitment choices, compared to 7 among wives. Between time with relatives and commitment choices, there are 27 correlations among husbands and 23 among wives. Among husbands, the lowest number of correlations, 6, are between time with friends and commitment choices, while there are 2 among wives. In comparison to wives, the social support variables among husbands appear as strong indicators of commitment choices. This would suggest that husbands with social support networks tend to be more committed.

Table 5.20

Number of Significant Correlations between Social Support Variables and Commitment Choices (Appendices F-1 through F-18)

	Commitment Choices		(No. possible corrs. each for H. and W.)
	Husb.	Wives	
Soc. Support Vars.			
Neighbourliness	29+	7+	(49)
Time-friends	6+	2+	(49)
Time-relatives	27+	12+	(49)
Support Group	37+	2+	(49)
	99+	23+	(196)

+ = positive correlation - = negative correlation

Social support and commitment outcomes. From the associations between the social support variables and commitment outcome variables, hypothesis 4 is more strongly supported among husbands than among wives (Table 5.21). Out of 16 possible associations between the independent and dependent variables, there are 16 (100%) assocations among husbands and 7 (44%) among wives. A further indication of the strong support among husbands for hypothesis 4 is indicated by the fact that seven of the 16 correlations are significant at or beyond the .001 level. While among wives, there is only one correlations which is significant at or beyond the .001 level (Appendices G-1 and G-2).

Table 5.21

Number of Significant Correlations between Social Support Variables and Commitment Outcomes (Appendices G-1 and G-2)

	Commitment Outcomes		(No. possible corrs. each for H. and W.)
	Husb.	Wives	
Soc. Support Vars.			
Neighbourliness	4+	1+	(4)
Time-friends	4+	1+	(4)
Time-relatives	4+	1+	(4)
Support Group	4+	4+	(4)
	16+	7+	(16)

+ = positive correlation - = negative correlation

Social support and commitment constraints. Between social support and commitment constraint variables among husbands, there are 23 positive correlations and 3 negative correlations (Table 5.22). These 23 positive correlations support hypothesis 4 while the 3 negative correlations appear as exceptions to the overall pattern of positive associations among husbands. Interestingly, most of these 23 correlations occur with only two of the four dimensions of the social support variables, 11 with support group and 9 with neighbourliness. Among wives, the contrasting nine positive and five negative correlations between the social support variables and commitment constraint variables, do not support hypothesis 4.

Among wives, time spent with relatives is positively associated with commitment constraints. Whereas among husbands, time spent with relatives has no conclusive associations (two negative and two positive correlations) with the commitment constraint variables. An important contrast is noted among husbands and wives in the associations between the support group and commitment constraint variables. Among husbands, having a support group is associated with an awareness of increasing commitment constraints. But for wives, the opposite is true.

Hypothesis 4 summary. Among husbands, there is good support for hypothesis 4 from the positive associations between the social support variables and commitment variables. However, among wives, hypothesis 4 is only partially supported. For wives, the associations

Table 5.22

Number of Significant Correlations between Social Support Variables and Commitment Constraints (Appendices H-1 thro' H-13)

	Commitment Constraints				(No. possible corrs.
	Husb.		Wives		each for H. and W.)
Soc. Support Vars.					
Neighbourliness	9+		3+		(30)
Time-friends	1+	1 -		1 -	(30)
Time-relatives	2+	2 -	5+		(30)
Support Group	11+	__	1+	4-	(30)
	23+	3 -	9+	5-	(120)

+ = positive correlation   - = negative correlation

between the social support variables and commitment choices and outcomes support hypothesis 4, but the conflicting negative and positive associations between the social support variables and commitment constraints, do no support hypothesis 4. It is important to note that in comparison to wives, the associations between the independent and dependent variables among husbands would indicate that husbands with social support networks are likely to feel more committed to their marriages.

Hypothesis 5: Religious variables will be positively associated with commitment choices, outcomes, and constraints.

The religious variables include two categories, religious participation and self religious comparison. In discussing this hypothesis, the associations between the religious variables and 1) commitment choices, 2) commitment outcomes, and 3) commitment constraints, are studied separately for husbands and wives. A brief summary follows.

Table 5.23

Number of Significant Correlations between Religious Variables and Commitment Choices (Appendices F-1 through F-18)

	Commitment Choices		(No. possible corrs.
	Husb.	Wives	each for H. and W.)
Religious Vars.			
Religious part.	46+	47+	(49)
Self relig. comp.	47+	42+	(49)
	93+	89+	(98)

+ = positive correlation - = negative correlation

Religious variables and commitment choices. For both husbands and wives, the associations between the religious variables and commitment choice variables provide very strong support for hypothesis 5 (Table 5.23). Among husbands, there are 93 (95%) significant positive correlations out of a possible 98 correlations between the religious variables and commitment choice variables. Among wives, there are 89 (91%) positive correlations.

Religious variables and commitment outcomes. Hypothesis 5 is strongly supported among husbands and wives by the significant positive correlations between the independent religious variables and commitment outcome variables (Table 5.24). Out of a possible eight correlations between the independent and dependent variables, there are seven (88%) positive correlations among husbands and five (63%) among wives.

Table 5.24

Number of Significant Correlations between Religious Variables and Commitment Outcomes (Appendices G-1 and G-2)

	Commitment Outcomes		(No. possible corrs. each for H. and W.)
	Husb.	Wives	
Religious Vars.			
Religious part.	3+	2+	(4)
Self relig. comp.	4+	3+	(4)
	7+	5+	(8)

+ = positive correlation - = negative correlation

Religious variables and commitment constraints. For both husbands and wives, the positive associations between the religious variables and commitment constraint variables provide strong support for hypothesis 5 (Table 5.25). Out of a possible 60 correlations, there are 45 (75%) positive correlations between the religious variables and commitment constraints among husbands and 40 (67%) positive correlations among wives.

Table 5.25

Number of Significant Correlations between Religious Variables and Commitment Constraints (Appendices H-1 thro' H-13)

	Commitment Constraints Husb.	Wives	(No. possible corrs. each for H. and W.)
Religious Vars.			
Religious part.	24+	21+	(30)
Self relig. comp.	21+	19+	(30)
	45+	40+	(60)

+ = positive correlation - = negative correlation

Hypothesis 5 summary. In comparison to the other five categories of independent variables (Appendix D), the religious variables have the largest percentage of positive correlations between the independent and commitment variables. These strong positive associations among husbands and wives, support the use of the religious variables as indicators of marital commitment.

Hypothesis 6: Marital satisfaction variables will be positively associated with commitment choices and constraints.

The marital satisfaction variables comprise two categories, marital well-being and marital happiness. The discussion of this hypothesis deals with the associations between the marital satisfaction variables and 1) commitment choices and 2) commitment constraints for husbands and wives separately, followed by a brief summary.

Marital satisfaction variables and commitment choices. For both husbands and wives, hypothesis 6 is strongly supported by the significant positive correlations between the marital satisfaction variables and commitment choice variables (Table 5.26). Out of a possible 98 correlations between the independent and dependent variables, there are 81 (83%) among husbands and 83 (85%) among wives.

Table 5.26

Number of Significant Correlations between Marital Satisfaction Variables and Commitment Choices (Appendices F-1 through F-18)

	Commitment Choices		(No. possible corrs.
	Husb.	Wives	each for H. and W.)
Marital Satis. Var.			
Marital Well-being	39+	41+	(49)
Marital Happiness	42+	42+	(49)
	81+	83+	(98)

+ = positive correlation - = negative correlation

Marital satisfaction and commitment constraints. Among both husbands and wives, the significant positive correlations between the marital satisfaction variables and commitment constraint

Table 5.27

Number of Significant Correlations between Marital Satisfaction Variables and Commitment Constraints (Appendices H-1 thro' H-13)

	Commitment Constraints			(No. possible corrs.
	Husb.	Wives		each for H. and W.)
Marital Satis. Vars.				
Marital Well-being	11+	12+		(30)
Marital Happiness	19+	9+	2-	(30)
	30+	21+	2-	(60)

+ = positive correlation - = negative correlation

variables support hypothesis 6 (Table 5.27). Among husbands, there are 30 (50%) positive associations between the independent and dependent variables. Among wives, there are 21 (37%) positive associations between the marital satisfaction variables and commitment constraint variables. An additional two negative correlations among wives appear as exceptions.

Hypothesis 6 summary. The positive associations between the marital satisfaction variables and commitment choice and outcome variables appear to support the use of marital satisfaction variables as indicators of marital commitment.

Hypothesis 7: There will be differences in the associations between the independent and dependent variables for husbands and wives.

In discussing this hypothesis, the differences in the number and directions of correlations between the same independent and dependent variables for husbands and wives, are reviewed. Differences are especially evident between commitment choices and the number of years married (Table 5.8). Here, the negative correlations among husbands between the number of years married and commitment choices, indicate less willingness to initiate behaviours and act in ways which would affirm and enrich their marriage. In contrast, the correlations among wives do not indicate any unwillingness to initiate marital enriching choices and behaviours.

Among husbands and wives, there are outstanding differences in the correlations between the independent variable, low or moderate stress in everyday life, and the commitment choice, outcome, and constraint variables. For wives, low or moderate everyday stress is strongly and positively associated with commitment choices, outcomes and constraints, with a total of 26 positive correlations and 1 negative correlation. But for husbands, out of a possible 83 correlations (Tables 5.14, 5.15, 5.16), there is only 1 positive and 1 negative correlation.

The correlations for husbands and wives between personal income and commitment choices and constraints, point to great differences. Among wives, there are 15 negative correlations between personal income and commitment choices, compared to 1 negative correlation among husbands. Between personal income and commitment constraints, there are 9 negative correlations and 1 positive correlation among wives--in contrast to the 10 positive correlation among husbands.

Among husbands and wives, there are important differences between the social support variables and commitment choices, outcomes and constraints. Between the social support variables and the commitment choice variables, there are four times as many positive correlations among husbands as there are among wives. While between the social support variables and the commitment outcome and constraint variables, there are about twice as many positive correlations among husbands as there are among wives.

While these differences in the preceding paragraphs are noted, it is also important to note some similarities among husbands and wives between the independent and dependent variables. The correlations between the religious and marital satisfaction variables and the commitment variables among husbands and wives, are consistently strong and positive. These very similar associations among husbands and wives between some independent and dependent variables serve to accentuate the differences between other independent and dependent variables.

VI. DISCUSSION OF RESULTS

A Discussion of Selected Findings

The correlations between the number of years married and commitment choice variables, provide important insights as to how husbands and wives view their marriage relationships. The use of the term commitment choices implies a conscious decision accompanied by attitudes of dedication and determination that seem to result in related behaviours. The unique aspect of this study is the examination of not only some outcomes associated with commitment, but the attempt to assess commitment choices.

Among husbands, the correlations between the duration of marriage and commitment choice variables strongly suggest that husbands in this sample generally appear to be quite individualistic and much less willing than wives to effect choices that would bring about an enrichment of their marital relationship (see Table 5.8). Wives, on the other hand, as the number of years married increase indicate an increasing sense of obligation toward their marriage along with a recognition that their vows are binding till death--while husbands do neither (Appendix F-1). In contrast, as the age of husbands increases, they feel they become less dedicated to their marriages (Appendix I-6), whereas wives who are increasing in age and comparing themselves with husbands, feel their level of dedication to their marriages is greater than their spouses' (Appendix I-3). This stronger expression of wives' dedication is also supported by the first index created from the factor analysis of the questions 22 through 40. For wives, this index describing their dedication, is positively associated with years married, but a similar index for husbands is not (Appendix E-1).

Yet, while wives' sense of dedication increases with age and years married, it is interesting to note that wives also tend to help their spouses less in achieving their goals (Appendix I-3). Perhaps this decrease in helping their spouses is an indication that wives are becoming more aware of some of their own needs. An awareness of this nature would help to explain why wives who are increasing in age indicate that their marriages are becoming less of a personal growth experience (Appendix G-1), and why among wives there is a positive correlation between both age and years married and fantasizing about having an affair (Appendix I-6). However, it must be noted that "wives' sense of dedication" and "marriage becoming less of a growth experience" may not be correlated. These supposed associations and suggested patterns are very interesting and will need to be further examined.

There are great differences among husbands and wives in the correlations between low or moderate everyday stress and the commitment variables. For wives, low or moderate everyday stress is positively and strongly associated with commitment choices, outcomes, and constraints, but not for husbands. Among husbands, there is only 1 positive correlation between low or moderate everyday stress and commitment variables (relationship with spouse is going well, Appendix G-2), compared to 27 among wives. This suggests that for wives, low or moderate everyday stress can be an indicator of marital commitment. High everyday stress appears to be associated with diminished expressions of marital commitment.

Levels of personal income appear to have opposite effects upon husbands' and wives' outlooks toward commitment choices and constraints. The data point out that among wives, increased personal income is strongly and negatively correlated with expression of commitment choices. But, this strong association does not exist for husbands. This contrast between husbands and wives is highlighted even further when considering personal income and commitment constraints. For husbands, increased personal income is positively associated with commitment constraints. In contrast, among wives an increase in personal income is associated with a decrease in commitment constraints. It seems that increasing personal financial independence among wives might encourage a greater sense of individualism and less need to feel committed to their spouse and marriage. In a similar manner, but to a lesser degree for wives, the level of education is negatively associated with commitment choices and constraints.

A rather surprising but understandable finding among husbands relates to the association of the social support variables with the commitment variables. For husbands, much more than wives, relationships with neighbours, friends, relatives, and a support group, are strongly and positively associated with commitment choices, outcomes, and constraints. Husbands lacking in close social connections appear to be less committed. In considering this difference, it is probably accurate to assume that these social support variables are good indicators of the type of husbands who will also express high levels of commitment. Perhaps the lack of such correlations among wives suggest that they, with or without social support, continue to express high levels of marital commitment.

Among husbands and wives, the very high number of correlations between the religious and commitment variables, strongly suggest that the religious variables may provide a reasonable indicator or predictor of one's commitment. This is also true, but to a slightly lesser degree, of the marital satisfaction variables.

Limitations of This Study

The factor analysis of this data did not work well. While the Pearson correlations with one tailed significance provide a primitive review of the data, additional statistical work is needed to clarify and refine the findings. Important areas of additional statistical work remaining are: the correlations between the dependent variables, regression analysis to determine predictors of commitment, a couple by couple analysis of the data, and further analysis while controlling for a number of variables (e.g., children, years married, education, income, religious denomination and participation, types of work, etc.). While additional statistical work will help interpret this data, other questions in future research are needed to tap commitment expressions as they relate to: children in the home, finances, emotional investments, individualism, and various commitment outcomes', etc.

For a number of people, completing the questionnaire required too much time. Using similar content to this present one, a new and simpler questionnaire would facilitate future research. Restructuring the items in the constraint commitment section so they would be either similar in style to Section II (see Appendix B), would make the questionnaire easier to answer. Also, questions from Section II and IV need to be changed so that about 50% of them score in a negative direction.

Implications of This Research

A number of the findings in this study highlight the differences and contrasts between husbands' and wives' expressions of marital commitment. These differences point to the need to use items that will adequately measure the unique concerns of husbands and wives. Additional study and clarification of these differences should yield new insights about the commitments that husbands and wives make to each other and the marriage. It may be that wives' commitments are primarily toward their husbands, while husbands' expressions of commitment may be strongest toward marriage as an institution and weaker toward their spouse.

The commitment framework used in this study is an outline that needs reworking. Up to 1983, most of the empirical work on commitment focused on measuring and explaining commitment by examining its outcomes or consequences. Other categories that measure some dimension of commitment results could be added to the commitment framework. As well, outcome measures should include the measurement of actual enriching behaviours in the last four weeks. This would provide a baseline and permit a comparison of commitment choices with present behaviours.

The concept of commitment choices adds a new theoretical dimension that needs further theoretical and empirical study. Research is needed to determine the way in which commitment choices associate with commitment outcomes and constraints. It is possible that one's marital commitment outcomes may be negatively related to one's commitment choices. It could be that an individual who has a poor quality marriage with negative outcomes and no constraints of significance--may yet choose to remain.

Under the general concept of commitment choices, additional categories and/or sub categories (e.g., initiating, maintaining choices, etc.) could be developed. These "choice" categories could serve to more fully explain the reasons behind the conscious decisions that lead to the formation of marital commitments. As well, further theoretical and empirical study is needed regarding the contribution of one's attitudes (i.e., dedication and determination) that precede as well as continue being an ongoing part of one's commitment choices. The relationship between commitment attitudes and the conscious decisions needs clarification. Perhaps it would it be more helpful to discuss attitudes like: a sense of obligation and a sense of responsibility, separately from the concept of conscious commitment choices or decisions.

While the commitment framework gives great theoretical importance to values, there is no measurement of values or the association between values and the commitment variables. An interesting study could focus on determining what an individual's or couple's values are and how they relate to marital commitment. One important concern that touches values is individualism. A study of individualism and its association with marital commitment would be a challenging and helpful study.

For the marriage counsellor to be effective in contributing to a renewal of a marriage, some attention will have to be given to the issue of commitment choices. Hopefully, the couple will choose to implement choices that will remove negative outcomes and contribute to the enriching and betterment of their marriage. Knowing some of the trends and that husbands are likely to be less willing than wives to make positive choices, the counsellor may be better able to suggest and effect interventions that are sensitive to and tailored for the individuals needs.

Findings from this study emphasize the great importance of the independent religious indicator variables. In marital counselling, the counsellor needs to be knowledgeable of his client's religious life and participation. Additional research could help to explain more fully the nature and extent of religious influences upon commitment choices, especially when the marriage is of poor quality.

Expressions of husbands' marital commitment as compared to wives', appear to decline with the duration of the marriage. Comparing groups of husbands by years married should help explain when this apparent decline begins to take place. In using the same approach for wives, insights could be gained as to the types of changes and modifications, if any, that occur in expressions of marital commitment over years married. Is it possible that husbands over the years become more committed to marriage as an institution while becoming less committed to their wives?

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APPENDIX A

Letter to Participants

DEPARTMENT OF EDUCATIONAL PSYCHOLOGY
FACULTY OF EDUCATION
THE UNIVERSITY OF ALBERTA

April 25, 1983

Dear Friend;

My name is Ross Olson, and I am doing research in order to understand how people feel about their marriage relationship. Enclosed is a questionnaire which will give you an opportunity to help me understand marriage relationships better.

I sincerely appreciate your giving me these minutes of your time to complete the questionnaire. Please answer the questions in a spontaneous manner, using your first impressions. Also, while answering, do not discuss your answers with your spouse. I want to assure you that your responses will be kept confidential. When completed, please put the questionnaire back into the envelope, seal it, and return it to the canvasser.

If you would like to receive a summary of my research about marriage relationships - send me a note or post card with your return address and I'll be pleased to send you a summary.

Also, if you have further questions about the questionnaire, please feel free to check with me at home, 471-3098, or at the university, 432-5387.

Thanks for sharing your insights.

Yours truly,
Ross Olson
Ross Olson

W. J. Hague, Ph. D.
Research Supervisor

6-102 EDUCATION NORTH, EDMONTON, ALBERTA, CANADA • T6G 2G5 • TELEPHONE (403) 432-5245

APPENDIX B

Husband Questionnaire

HUSBAND

MARRIAGE RELATIONSHIPS

SECTION I BACKGROUND INFORMATION

OUR FAMILIES, PLACES OF WORK, FRIENDS, EARNINGS, RELIGION AND EDUCATION ARE SOME OF THE MANY FACTORS THAT INFLUENCE THE WAY WE LIVE. THE FOLLOWING QUESTIONS WILL HELP ME TO UNDERSTAND THE BACKGROUND OF YOUR MARRIAGE.

1. HOW OLD WERE YOU ON YOUR LAST BIRTHDAY? ____ *years.*

2. A) HOW MANY YEARS HAVE YOU BEEN MARRIED TO YOUR PRESENT WIFE?
   ____ *less than 1 year*
   ____ *years*

   B) ARE YOU: ____ *1) legally married*
   ____ *2) living common law*
   ____ *3) living together temporarily*

3. A) IF YOU HAVE BEEN MARRIED BEFORE, HOW MANY YEARS WERE YOU MARRIED TO YOUR FORMER WIFE? ____ *years*

   B) HOW DID YOUR FORMER MARRIAGE END? ____ *1) spouse died*
   ____ *2) separation*
   ____ *3) divorce*

4. HOW MANY CHILDREN DO YOU AND YOUR WIFE HAVE IN YOUR HOME AT THE PRESENT TIME? ____ *children.*

5. PLEASE LIST THE SEX AND AGE OF YOUR CHILDREN AT HOME.

	SEX (M or F)	*Years old*
oldest	____	____
	____	____
to	____	____
	____	____
youngest	____	____
	____	____

6. IS YOUR WORK ____ *1) part-time*
   ____ *2) full-time*
   ____ *3) other* ________________________

7. WHAT TYPE OF WORK DO YOU DO? ________________________
   ____

8. HOW MANY JOBS HAVE YOU HAD IN THE LAST 10 YEARS? _____ *jobs.*

9. HOW SATISFIED ARE YOU WITH YOUR WORK?
   1 2 3 4 5 6 7
   Very satisfied ... *Very dissatisfied*

10. HOW MANY TIMES HAVE YOU MOVED IN THE LAST 10 YEARS? ____ *times.*

11. ARE YOUR EXISTING DEBTS CREATING FINANCIAL HARDSHIP FOR YOU?
    1 2 3 4 5 6 7
    Very much ... *not at all*

12. WHAT IS YOUR GROSS PERSONAL INCOME?

____1) *under $15,000*
____2) *$15,000 to $19,999*
____3) *$20,000 to $24,999*
____4) *$25,000 to $29,999*
____5) *$30,000 to $34,999*
____6) *$35,000 to $39,999*
____7) *$40,000 to $44,999*
____8) *$45,000 to $49,999*
____9) *$50,000 plus*

13. A) DOES YOUR WIFE HAVE A SEPARATE INCOME?

____ 1) *yes*
____ 2) *no*

B) IF YES, WHAT IS YOUR COMBINED RANGE OF INCOME?

____1) *under $20,000*
____2) *$20,000 to $29,999*
____3) *$30,000 to $39,999*
____4) *$40,000 to $49,999*
____5) *$50,000 to $59,999*
____6) *$60,000 plus*

C) HOW SATISFIED ARE YOU WITH YOUR STANDARD OF LIVING - THE THINGS YOU HAVE - HOUSING, CAR, FURNITURE, RECREATION AND THE LIKE?

1	*2*	*3*	*4*	*5*	*6*	*7*
Very satisfied						*Very dissatisfied*

14. IF YOU ATTEND CHURCH, WHAT CHURCH DO YOU NOW ATTEND? (PLEASE WRITE THE NAME OF THE DENOMINATION - FOR EXAMPLE, BAPTIST, ROMAN CATHOLIC, PENTECOSTAL, UNITED, ETC.)

denomination ____________________

15. ON THE OVERALL AVERAGE, HOW OFTEN DO YOU ATTEND RELIGIOUS SERVICES OR MEETINGS?

____1) *eight or more times a month*
____2) *about four times a month*
____3) *about once a month*
____4) *three or four times a year*
____5) *usually at Christmas or Easter only*
____6) *for weddings and funerals only*
____7) *never*

16. IN COMPARING MYSELF WITH RELIGIOUS PEOPLE I KNOW, I AM:

1	*2*	*3*	*4*	*5*
deeply religious	*quite religious*	*moderately religious*	*a little religious*	*not at all religious*

17. WHAT IS YOUR EDUCATIONAL BACKGROUND?

____1) *some elementary school*
____2) *completed elementary school (grade 9)*
____3) *some high school*
____4) *completed high school*
____5) *some college or university*
____6) *completed a university degree*
____7) *technical or trade training (please explain)*
____
____8) *graduate or advanced degree*
____9) *other (please explain)* ____________________
____

18. DO YOU KEEP IN CLOSE TOUCH WITH YOUR NEIGHBOURS?

1	*2*	*3*	*4*	*5*
Always	*Usually*	*Sometimes*	*Rarely*	*Never*

19. HOW OFTEN DO YOU SPEND TIME WITH: *(do A) and B))*

A) Friends		*B) Relatives*
____1)	. .*almost daily*	____1)
____2)	. .*several times a week*	____2)
____3)	. .*once a week*	____3)
____4)	. .*several times a month*	____4)
____5)	. .*once a month*	____5)
____6)	*once or several times in the* . .*last year*	____6)
____7)	. .*never*	____7)

20. WHEN YOU ARE EXPERIENCING PROBLEMS, ARE THERE PEOPLE YOU CAN TURN TO FOR HELP? ___*1) yes* ___*2) no* ___*3) don't know*

21. OVERALL, HOW MUCH PRESSURE OR STRESS DO YOU EXPERIENCE IN YOUR EVERYDAY LIFE?

1	*2*	*3*	*4*	*5*	*6*	*7*
No pressure					*A great deal of pressure*	

SECTION II PERSONAL ATTITUDES

THERE ARE MANY DIFFERENT VIEWS THAT PEOPLE HAVE TOWARD THEIR MARRIAGE. THE FOLLOWING QUESTIONS ARE INTENDED TO HELP ME UNDERSTAND YOUR PARTICULAR VIEWS OF YOUR MARRIAGE.

THERE ARE NO RIGHT OR WRONG ANSWERS FOR THE FOLLOWING QUESTIONS, PLEASE CIRCLE THE NUMBER OF YOUR CHOICE.

7 DISAGREE STRONGLY
6
5
4
3
2
1 AGREE STRONGLY

	AS 1	2	3	4	5	6	DS 7
22. I FIND MY MARRIAGE RELATIONSHIP TO BE A PERSONAL GROWTH EXPERIENCE.	1	2	3	4	5	6	7
23. IT WOULD BE DIFFICULT FOR ME TO SEPARATE OR DIVORCE.	1	2	3	4	5	6	7
24. I WOULD LEAVE MY WIFE IF SHE WERE SEXUALLY UNFAITHFUL TO ME.	1	2	3	4	5	6	7
25. I AM WILLING TO TAKE THE INITIATIVE IN ENHANCING MY MARRIAGE RELATIONSHIP.	1	2	3	4	5	6	7
26. MY IDEA OF DEDICATION TO MY MARRIAGE RELATIONSHIP HAS BEEN INFLUENCED GREATLY BY MY RELIGIOUS HERITAGE.	1	2	3	4	5	6	7
27. I AM WILLING TO CHANGE SOME OF MY EXPECTATIONS ABOUT MY MARRIAGE.	1	2	3	4	5	6	7

7 DISAGREE STRONGLY
6
5
4
3
2
1 AGREE STRONGLY

		AS 1	2	3	4	5	6	DS 7
28.	I WANT MY MARRIAGE RELATIONSHIP WITH MY WIFE TO LAST MY LIFETIME.	1	2	3	4	5	6	7
29.	I WOULD STAY WITH MY WIFE EVEN IF SHE WERE MENTALLY INCAPACITATED.	1	2	3	4	5	6	7
30.	IT IS IMPORTANT TO ME TO BE SEXUALLY FAITHFUL TO MY WIFE.	1	2	3	4	5	6	7
31.	IF LOVE AND COMPANIONSHIP WERE NO LONGER PRESENT, I WOULD STILL FEEL A SENSE OF OBLIGATION TO CONTINUE MY MARRIAGE RELATIONSHIP.	1	2	3	4	5	6	7
32.	MY MARRIAGE RELATIONSHIP IS FIRMLY BASED ON MY UNDERSTANDING OF BIBLICAL PRINCIPLES.	1	2	3	4	5	6	7
33.	IT WOULD BE HARD FOR ME TO GET USED TO LIVING WITHOUT MY WIFE.	1	2	3	4	5	6	7
34.	I FEEL RESPONSIBLE FOR LOVING AND CARING FOR MY WIFE.	1	2	3	4	5	6	7
35.	I FIND A SENSE OF PERSONAL IDENTITY AND FULFILLMENT IN MY MARRIAGE RELATIONSHIP.	1	2	3	4	5	6	7
36.	I WOULD STAY WITH MY WIFE EVEN IF SHE WERE PHYSICALLY HANDICAPPED.	1	2	3	4	5	6	7
37.	MY MARRIAGE VOWS ARE BINDING ON ME "UNTIL DEATH US DO PART".	1	2	3	4	5	6	7
38.	THE PRESENCE OF CHILDREN IN MY MARRIAGE MAKE IT VERY DIFFICULT FOR ME TO CONSIDER SEPARATION OR DIVORCE.	1	2	3	4	5	6	7
39.	I FIND MY MARRIAGE RELATIONSHIP TO BE VERY SATISFYING.	1	2	3	4	5	6	7
40.	I AM MORE DEDICATED TO OUR MARRIAGE THAN MY WIFE IS.	1	2	3	4	5	6	7

41. HOW OFTEN DO YOU TRY TO HELP YOUR WIFE ACHIEVE HER GOALS.

1	2	3	4	5
very often	often	sometimes	rarley	never

42. DO YOU SEE ANY POSSIBILITY - EVEN REMOTELY - OF YOUR MARRIAGE RELATIONSHIP ENDING BY CHOICE.

1	2	3	4	5	6	7
Very unlikely						*Very likely*

43. HOW OFTEN DO YOU THINK ABOUT ENDING YOUR MARRIAGE RELATIONSHIP?

1	2	3	4	5
never	*rarely*	*sometimes*	*often*	*very often*

44. I HAVE A POSITIVE MENTAL ATTITUDE TOWARD MY WIFE.

1	2	3	4	5
always	*usually*	*sometimes*	*rarely*	*never*

45. MY RELATIONSHIP WITH MY WIFE TAKES PRIORITY OVER MY RELATIONSHIPS WITH MY CHILDREN.

1	2	3	4	5	6
always	*almost always*	*usually*	*sometimes*	*rarely*	*never*

46. HOW OFTEN DO YOU FANTISIZE ABOUT HAVING AN AFFAIR WITH ANOTHER WOMAN?

1	2	3	4	5
never	*rarely*	*sometimes*	*often*	*very often*

47. RANK THE FOLLOWING VALUES. PUT NUMBER 1 BESIDE YOUR HIGHEST PRIORITY, NUMBER 2 BESIDE YOUR SECOND, ETC.

___ *1) work*
___ *2) religious faith or belief system*
___ *3) wife*
___ *4) parents*
___ *5) friends*
___ *6) children*
___ *7) relatives*

48. WHAT IS YOUR VIEW OF YOUR MARRIAGE?

___ *1) it is a good relationship with potential to be even better.*
___ *2) it is discouraging at times, but has the potential to get better.*
___ *3) it is a discouraging relationship and may not get any better.*

49. WHICH OF THE FOLLOWING STATEMENTS BEST DESCRIBE HOW YOU FEEL ABOUT THE FUTURE OF YOUR MARRIAGE RELATIONSHIP.

___ *1) I want desperately for my marriage to succeed, and would go to almost any length to see that it does*
___ *2) I want very much for my marriage to succeed, and will do all I can to see that it does.*
___ *3) I want very much for my marriage to succeed, and will do my fair share to see that it does.*
___ *4) It would be nice if my marriage succeeded, but I can't do much more than I am doing now to help it succeed.*
___ *5) It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the marriage going.*
___ *6) My marriage can never succeed, and there is no more that I can do to keep the marriage going.*

50. HOW WOULD YOU DESCRIBE YOUR PAST OR PREVIOUS DEDICATION TO YOUR MARRIAGE RELATIONSHIP.

___*1) Because I have been married for only a short time, I cannot answer this question.*

___*2) In previous years, I was more dedicated to my marriage than I am now.*

___*3) In previous years, I was less dedicated to my marriage than I am now.*

___*4) There has not been any change, I was just as dedicated in previous years as I am now.*

51. IN GENERAL, HOW MUCH OF THE TIME DO YOU THINK THAT THINGS BETWEEN YOU AND YOUR WIFE ARE GOING WELL?

1	*2*	*3*	*4*	*5*	*6*
always	*almost always*	*usually*	*sometimes*	*rarely*	*never*

52. THE NUMBERS ON THE FOLLOWING LINE REPRESENT DIFFERENT DEGREES OF HAPPINESS IN YOUR RELATIONSHIP. THE MIDDLE POINT, "HAPPY", REPRESENTS THE DEGREE OF HAPPINESS OF MOST MARRIAGES. PLEASE CIRCLE THE NUMBER WHICH BEST DESCRIBES THE DEGREE OF HAPPINESS, ALL THINGS CONSIDERED, OF YOUR MARRIAGE RELATIONSHIP.

1	*2*	*3*	*4*	*5*	*6*	*7*
Perfect	*Extremely happy*	*Very happy*	*Happy*	*A little unhappy*	*Fairly unhappy*	*Extremely unhappy*

SECTION III 'IF'

THIS SECTION OF THE QUESTIONNAIRE IS UNIQUE.

ONE WAY OF HELPING ME TO UNDERSTAND YOUR ATTITUDES AND FEELINGS ABOUT YOUR MARRIAGE RELATIONSHIP IS TO LEARN HOW YOU WOULD REACT SHOULD IT BECOME POSSIBLE THAT YOUR MARRIAGE MIGHT END. I AM NOT SUGGESTING THAT YOUR MARRIAGE MIGHT END - BUT I WOULD LIKE TO KNOW HOW YOU AND OTHERS IN YOUR WORLD MIGHT REACT WERE THIS EVER TO BECOME A POSSIBILITY FOR YOU.

PLEASE MARK THE FOLLOWING STATEMENT YOU FEEL IS APPROPRIATE FOR YOU.

53. ___*1) I don't believe a consideration of separation or divorce will ever be relevant to my present marriage, but I am willing to try to answer questions in this section to the best of my ability in order to further help you as a researcher better understand marriage relationships.*

___*2) There are some issues in my marriage that do concern me and therefore, the following questions may be relevant. I am willing to try to answer these questions and seek to understand what I might do if my marriage were to end.*

IF FOR SOME REASON YOU WERE TO DECIDE RIGHT NOW TO END YOUR MARRIAGE -- THERE ARE A NUMBER OF SPECIFIC ACTIONS WHICH YOU WOULD HAVE TO TAKE IN ORDER TO DO THAT. YOU WILL FIND BELOW A LIST OF SOME SHORT TERM IMMEDIATE ACTIONS.

I WOULD LIKE YOU TO INCIATE HOW DIFFICULT YOU THINK EACH OF THESE ACTIONS WOULD BE FOR YOU.

ANSWER BY CIRCLING A NUMBER CORRESPONDING TO THE ANSWERS BELOW - NEXT TO EACH OF THE ACTIONS IN THE FOLLOWING QUESTIONS.

6 IT WOULD BE VERY DIFFICULT
5 IT WOULD BE SOMEWHAT DIFFICULT
4 I'D BE INDIFFERENT
3 IT WOULD BE SOMEWHAT EASY
2 IT WOULD BE VERY EASY
1 I WOULD NOT HAVE TO DO IT

54.	SIMPLY TELL MY WIFE	1	2	3	4	5	6
55.	TALK OVER MY DECISION WITH MY WIFE AND PROVIDE AN EXPLANATION	1	2	3	4	5	6
56.	EXPLAIN MY REASONS TO MY PARENTS	1	2	3	4	5	6
57.	EXPLAIN MY REASONS TO MY WIFE'S PARENTS	1	2	3	4	5	6
58.	EXPLAIN MY REASONS TO MY FRIENDS	1	2	3	4	5	6
59.	SEARCH FOR A NEW PLACE TO LIVE	1	2	3	4	5	6
60.	MOVE MY THINGS SOMEWHERE ELSE	1	2	3	4	5	6
61.	DECIDE HOW TO SPLIT UP JOINT POSSESSIONS	1	2	3	4	5	6
62.	INITIATE SEPARATION PROCEDURES	1	2	3	4	5	6
63.	FILE FOR DIVORCE	1	2	3	4	5	6
64.	TELL THE CHILDREN	1	2	3	4	5	6
65.	DECIDE ON CUSTODY OF THE CHILDREN	1	2	3	4	5	6

IF YOU DECIDED TO END YOUR MARRIAGE - IN ADDITION TO THE PREVIOUS SPECIFIC ACTIONS THAT YOU WOULD HAVE TO TAKE - THERE ARE SOME OTHER CHANGES THAT WOULD COME ABOUT. I AM REFERRING HERE TO RELATIVELY LONG TERM CHANGES IN YOUR DAILY LIFE OR PLANS FOR THE FUTURE.

I'D LIKE YOU TO INDICATE HOW YOU WOULD FEEL ABOUT EACH OF THE CHANGES IN THE FOLLOWING QUESTIONS BY CIRCLING THE APPROPRIATE NUMBER.

POSSIBLE FEELING RESPONSES:

6 I'D FEEL VERY UNHAPPY
5 I'D FEEL SOMEWHAT UNHAPPY
4 I'D FEEL INDIFFERENT
3 I'D FEEL SOMEWHAT HAPPY
2 I'D FEEL VERY HAPPY
1 MY FEELINGS WOULD NOT CHANGE

HOW I WOULD FEEL ABOUT THE FOLLOWING CHANGES:

66.	LEAVING LONGTIME FRIENDS BEHIND	1	2	3	4	5	6
67.	TRAVELLING ALONE	1	2	3	4	5	6
68.	BEING LESS SOCIALLY INVOLVED	1	2	3	4	5	6
69.	LIVING SOMEPLACE ELSE IN THE AREA	1	2	3	4	5	6
70.	HAVING MORE INDEPENDENCE AND FREEDOM IN MAKING DECISIONS	1	2	3	4	5	6
71.	LIVING ALONE	1	2	3	4	5	6
72.	HAVING SOME FINANCIAL PROBLEMS	1	2	3	4	5	6
73.	GETTING A JOB	1	2	3	4	5	6
74.	REORGANIZING COOKING AND HOUSEKEEPING CHORES	1	2	3	4	5	6
75.	MY CHILDREN NOT HAVING A TWO PARENT HOME	1	2	3	4	5	6
76.	NOT HAVING MY CHILDREN WITH ME	1	2	3	4	5	6
77.	NOT HAVING SOMEONE TO SHARE CHILD CARE AND DISCIPLINE	1	2	3	4	5	6
78.	MY SEXUAL NEEDS NOT BEING ADEQUATELY MET	1	2	3	4	5	6
79.	GIVING UP MY STATUS AS A MARRIED PERSON	1	2	3	4	5	6
80.	DATING A VARIETY OF PEOPLE	1	2	3	4	5	6
81.	BECOMING INVOLVED WITH SOMEONE ELSE	1	2	3	4	5	6
82.	MAKING MORE FRIENDS, MEETING NEW PEOPLE	1	2	3	4	5	6

THE ANSWERS TO QUESTIONS 83, 84, AND 85 ARE PUT IN THE APPROPRIATE COLUMNS AND SPACES IN THE DIAGRAM ON THIS PAGE.

83. IN THE COLUMN HEADED 'INITIALS', PLEASE LIST THE INITIALS OF THOSE PEOPLE WHOSE OPINIONS OF YOUR PERSONAL LIFE ARE IMPORTANT TO YOU. YOU MAY LIST ANY NUMBER OF PEOPLE -- YOU NEED NOT FILL UP ALL THE SPACES.

IN THE COLUMN HEADED 'RELATION', PLEASE INDICATE EACH PERSON'S RELATIONSHIP TO YOU, FOR EXAMPLE, WIFE, MOTHER, HUSBAND, FATHER, SON, DAUGHTER, FRIEND, ETC. PLEASE CIRCLE YOUR WIFE'S INITIALS.

84. NOW, FOR EACH OF THESE PEOPLE, I'D LIKE YOU TO ANSWER THE FOLLOWING QUESTION. IN MAKING DECISIONS ABOUT YOUR PERSONAL LIFE, HOW IMPORTANT DO YOU CURRENTLY CONSIDER THE OPINIONS OF THIS PERSON TO BE? USE THE SCALE BELOW AND SIMPLY WRITE IN THE APPROPRIATE NUMBER FOR EACH PERSON IN THE COLUMN HEADED 'IMPORTANCE'.

1	2	3	4	5
not at all important	*somewhat important*	*important*	*very important*	*extremely important*

85. IF YOU WERE TO DECIDE TO END YOUR MARRIAGE RELATIONSHIP RIGHT NOW, HOW WOULD THIS PERSON (THE INITIALS) FEEL? PUT YOUR ANSWER IN THE COLUMN WITH THE HEADING 'END'.

1	2	3	4	5
strongly disapprove of ending	*disapprove*	*indifferent*	*approve*	*strongly approve of ending*

DIAGRAMS FOR THE ANSWERS TO QUESTIONS 83, 84 AND 85

	INITIALS	RELATION	IMPORTANCE	END
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

86. NOW I'D LIKE YOU TO CONSIDER THE "INVESTMENTS" YOU HAVE MADE IN YOUR MARRIAGE. I'D LIKE YOU TO THINK FOR A MOMENT ABOUT THE TIME, MONEY, AND EMOTIONAL EFFORT THAT YOU HAVE PUT INTO THE MARRIAGE; THESE THINGS THAT IN A SENSE WOULD BE LOST IF YOU WERE TO END THE MARRIAGE AT THIS TIME.

BY USING THE FOLLOWING SCALE:

1	2	3	4	5
a very large investment	*a large investment*	*a moderate investment*	*a small investment*	*a very small investment*

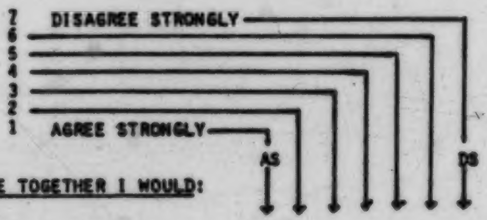
1) HOW LARGE AN INVESTMENT OF TIME DO YOU THINK YOU HAVE MADE IN THIS MARRIAGE?
(WRITE THE APPROPRIATE NUMBER FROM THE SCALE) ______

2) HOW LARGE AN INVESTMENT OF MONEY DO YOU THINK YOU HAVE MADE IN THIS MARRIAGE?
(WRITE THE APPROPRIATE NUMBER FROM THE SCALE) ______

3) HOW LARGE AN INVESTMENT OF EMOTIONAL EFFORT DO YOU THINK YOU HAVE MADE IN THIS MARRIAGE?
(WRITE THE APPROPRIATE NUMBER FROM THE SCALE) ______

SECTION IV PERSONAL DEDICATION

SOME MARRIED PEOPLE WILL DO MOST ANYTHING TO KEEP THEIR MARRIAGE TOGETHER; OTHERS WOULD GIVE UP MORE EASILY. FOR EACH OF THE FOLLOWING STATEMENTS, INDICATE WHICH ANSWER BEST REFLECTS YOUR OWN PERSPECTIVE.



TO KEEP MY MARRIAGE TOGETHER I WOULD:

87.	BE MORE PATIENT WITH MY WIFE	1	2	3	4	5	6	7
88.	SET A GOAL TO DO SOMETHING POSITIVE FOR MY WIFE EACH DAY	1	2	3	4	5	6	7
89.	ADOPT A MORE MODEST LIFE STYLE, THAT IS, TO REDUCE MONTHLY "OUT GO"	1	2	3	4	5	6	7
90.	START GOING TO CHURCH	1	2	3	4	5	6	7
91.	GIVE UP MY BAD HABITS	1	2	3	4	5	6	7
92.	SPEND MORE TIME WITH MY WIFE	1	2	3	4	5	6	7

7 DISAGREE STRONGLY
6
5
4
3
2
1 AGREE STRONGLY

	TO KEEP MY MARRIAGE TOGETHER I WOULD	AS						DS
93.	GO PLACES WITH MY WIFE MORE OFTEN	1	2	3	4	5	6	7
94.	CONTROL MY EMOTIONS (ANGER, DEPRESSION, MOODS, ETC.)	1	2	3	4	5	6	7
95.	BE "NICE" WHEN I DON'T WANT TO BE	1	2	3	4	5	6	7
96.	PUT MY WIFE FIRST	1	2	3	4	5	6	7
97.	SEEK HELP FROM A COUNSELLOR/ THERAPIST	1	2	3	4	5	6	7
98.	CHANGE MY JOB	1	2	3	4	5	6	7
99.	HAVE MORE CHILDREN	1	2	3	4	5	6	7
100.	MOVE TO ANOTHER PLACE IF THAT WAS IMPORTANT TO MY WIFE	1	2	3	4	5	6	7
101.	DROP SOME OF MY NON-FAMILY ACTIVITIES	1	2	3	4	5	6	7
102.	LEARN HOW TO LISTEN TO MY WIFE'S CONCERNS WITHOUT JUDGING	1	2	3	4	5	6	7
103.	HUG MY WIFE MORE FREQUENTLY	1	2	3	4	5	6	7
104.	HAVE SEX WITH MY WIFE MORE OFTEN	1	2	3	4	5	6	7
105.	HELP MY WIFE WITH HER JOBS	1	2	3	4	5	6	7
106.	GIVE UP SOME OF MY RIGHTS	1	2	3	4	5	6	7
107.	COMPROMISE OUR DIFFERENCES	1	2	3	4	5	6	7
108.	WORK HARDER TO ACCEPTING OUR DIFFERENCES AND HANGUPS	1	2	3	4	5	6	7
109.	STUDY WAYS OF MAKING MY MARRIAGE BETTER	1	2	3	4	5	6	7
110.	TAKE COURSES ON MARRIAGE IMPROVEMENT	1	2	3	4	5	6	7
111.	ADJUST MY PERSONALITY TO FIT BETTER WITH MY WIFE'S PERSONALITY	1	2	3	4	5	6	7
112.	GET HELP WITH MY PROBLEMS	1	2	3	4	5	6	7
113.	DO MOST ANYTHING TO MAKE MY MARRIAGE WORK	1	2	3	4	5	6	7
114.	WORK HARDER IN MY MARRIAGE WHETHER MY WIFE WORKS HARDER OR NOT	1	2	3	4	5	6	7
115.	DEFINE THE SUCCESS OF MY MARRIAGE AS MY JOB, NOT MY WIFE'S	1	2	3	4	5	6	7

7 DISAGREE STRONGLY
6
5
4
3
2
1 AGREE STRONGLY

TO KEEP MY MARRIAGE TOGETHER I WOULD:

116.	STOP NAGGING MY WIFE	1	2	3	4	5	6	7
117.	NOT BE SELFISH	1	2	3	4	5	6	7
118.	NOT INSIST ON HAVING THINGS MY WAY	1	2	3	4	5	6	7
119.	BE MORE THOUGHTFUL AND CONSIDERATE OF MY WIFE'S NEEDS AND FEELINGS	1	2	3	4	5	6	7
120.	STOP FLIRTING WITH THE GIRLS	1	2	3	4	5	6	7
121.	IMPROVE MY QUALITY OF MAKING LOVE	1	2	3	4	5	6	7
122.	LEARN TO COMMUNICATE BETTER	1	2	3	4	5	6	7
123.	GIVE UP MY SUPERIOR ATTITUDE	1	2	3	4	5	6	7
124.	GIVE UP EXTRA MARITAL SEX	1	2	3	4	5	6	7
125.	BE LESS AUTHORITORIAN	1	2	3	4	5	6	7
126.	TRUST MY WIFE'S JUDGEMENT	1	2	3	4	5	6	7
127.	NOT BE PICKY ABOUT SMALL MONEY MATTERS	1	2	3	4	5	6	7

YOUR COMMENTS

A) HOW DO YOU FEEL ABOUT THIS QUESTIONNAIRE? PLEASE SHARE YOUR COMMENTS AS TO WAYS IN WHICH IT WAS HELPFUL OR NOT HELPFUL.

____

____

____

____

B) DO YOU HAVE ANY FURTHER COMMENTS YOU WOULD LIKE TO MAKE ABOUT MARRIAGE RELATIONSHIPS - IF SO - PLEASE WRITE THEM ON THE BACK OF THIS PAGE.

THANKS

THANK YOU FOR ANSWERING ALL THE QUESTIONS AND FOR SHARING YOUR INSIGHTS.

APPENDIX C

Wife Questionnaire

WIFE

MARRIAGE RELATIONSHIPS

SECTION I BACKGROUND INFORMATION

OUR FAMILIES, PLACES OF WORK, FRIENDS, EARNINGS, RELIGION AND EDUCATION ARE SOME OF THE MANY FACTORS THAT INFLUENCE THE WAY WE LIVE. THE FOLLOWING QUESTIONS WILL HELP ME TO UNDERSTAND THE BACKGROUND OF YOUR MARRIAGE.

1. HOW OLD WERE YOU ON YOUR LAST BIRTHDAY? ____ *years.*

2. A) HOW MANY YEARS HAVE YOU BEEN MARRIED TO YOUR PRESENT HUSBAND?
____ *less than 1 year*
____ *years*

B) ARE YOU:
____ *1) legally married*
____ *2) living common law*
____ *3) living together temporarily*

3. A) IF YOU HAVE BEEN MARRIED BEFORE, HOW MANY YEARS WERE YOU MARRIED TO YOUR FORMER HUSBAND? ____ *years*

B) HOW DID YOUR FORMER MARRIAGE END?
____ *1) spouse died*
____ *2) separation*
____ *3) divorce*

4. HOW MANY CHILDREN DO YOU AND YOUR HUSBAND HAVE IN YOUR HOME AT THE PRESENT TIME? ____ *children.*

5. PLEASE LIST THE SEX AND AGE OF YOUR CHILDREN AT HOME.

	SEX (M or F)	*Years old*
oldest	____	____
	____	____
to	____	____
	____	____
youngest	____	____
	____	____

6. ARE YOU ENGAGED IN ANY KIND OF ACTIVITY FOR WHICH YOU ARE PAID? ____ *1) yes* ____ *2) no*

7. IF YES, WHAT TYPE OF WORK DO YOU DO? ____________________

8. IF NO, WHAT KIND OF ACTIVITIES ARE YOU ENGAGED IN WITHOUT PAY?
____ *1) homemaker* ____ *3) religious groups*
____ *2) community groups* ____ *4) other,* ____________

9. HOW SATISFIED ARE YOU WITH YOUR WORK OR ACTIVITIES IN WHICH YOU ARE ENGAGED?

1 2 3 4 5 6 7
Very satisfied *Very dissatisfied*

10. HOW MANY TIMES HAVE YOU MOVED IN THE LAST 10 YEARS? ____ *times.*

11. ARE YOUR EXISTING DEBTS CREATING FINANCIAL HARDSHIP FOR YOU?

1 2 3 4 5 6 7
Very much *not at all*

12. WHAT IS YOUR GROSS PERSONAL INCOME?

____1) *under $15,000*
____2) *$15,000 to $19,999*
____3) *$20,000 to $24,999*
____4) *$25,000 to $29,999*
____5) *$30,000 to $34,999*
____6) *$35,000 to $39,999*
____7) *$40,000 to $44,999*
____8) *$45,000 to $49,999*
____9) *$50,000 plus*

13. A) DOES YOUR HUSBAND HAVE A SEPARATE INCOME?
____ *1) yes*
____ *2) no*

B) IF YES, WHAT IS YOUR COMBINED RANGE OF INCOME?
____1) *under $20,000*
____2) *$20,000 to $29,999*
____3) *$30,000 to $39,999*
____4) *$40,000 to $49,999*
____5) *$50,000 to $59,999*
____6) *$60,000 plus*

C) HOW SATISFIED ARE YOU WITH YOUR STANDARD OF LIVING - THE THINGS YOU HAVE - HOUSING, CAR, FURNITURE, RECREATION AND THE LIKE?

1	2	3	4	5	6	7
Very satisfied						*Very dissatisfied*

14. IF YOU ATTEND CHURCH, WHAT CHURCH DO YOU NOW ATTEND? (PLEASE WRITE THE NAME OF THE DENOMINATION - FOR EXAMPLE, BAPTIST, ROMAN CATHOLIC, PENTECOSTAL, UNITED, ETC.)
denomination ____________________

15. ON THE OVERALL AVERAGE, HOW OFTEN DO YOU ATTEND RELIGIOUS SERVICES OR MEETINGS?
____1) *eight or more times a month*
____2) *about four times a month*
____3) *about once a month*
____4) *three or four times a year*
____5) *usually at Christmas or Easter only*
____6) *for weddings and funerals only*
____7) *never*

16. IN COMPARING MYSELF WITH RELIGIOUS PEOPLE I KNOW, I AM:

1	2	3	4	5
deeply religious	*quite religious*	*moderately religious*	*a little religious*	*not at all religious*

17. WHAT IS YOUR EDUCATIONAL BACKGROUND?
____1) *some elementary school*
____2) *completed elementary school (grade 8)*
____3) *some high school*
____4) *completed high school*
____5) *some college or university*
____6) *completed a university degree*
____7) *technical or trade training (please explain)* ____________________
____8) *graduate or advanced degree*
____9) *other (please explain)* ____________________

18. DO YOU KEEP IN CLOSE TOUCH WITH YOUR NEIGHBOURS?

1	2	3	4	5
Always	*Usually*	*Sometimes*	*Rarely*	*Never*

19. HOW OFTEN DO YOU SPEND TIME WITH: *(do A) and B))*

A) Friends		*B) Relatives*
____*1)*	. .*almost daily*	____*1)*
____*2)*	. .*several times a week*	____*2)*
____*3)*	. .*once a week*	____*3)*
____*4)*	. .*several times a month*	____*4)*
____*5)*	. .*once a month*	____*5)*
____*6)*	*once or several times in the* . .*last year*	____*6)*
____*7)*	. .*never*	____*7)*

20. WHEN YOU ARE EXPERIENCING PROBLEMS, ARE THERE PEOPLE YOU CAN TURN TO FOR HELP? ___*1) yes* ___*2) no* ___*3) don't know*

21. OVERALL, HOW MUCH PRESSURE OR STRESS DO YOU EXPERIENCE IN YOUR EVERYDAY LIFE?

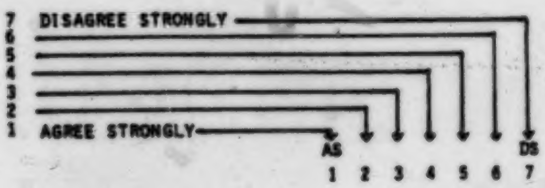
1 2 3 4 5 6 7

No pressure … *A great deal of pressure*

SECTION II PERSONAL ATTITUDES

THERE ARE MANY DIFFERENT VIEWS THAT PEOPLE HAVE TOWARD THEIR MARRIAGE. THE FOLLOWING QUESTIONS ARE INTENDED TO HELP ME UNDERSTAND YOUR PARTICULAR VIEWS OF YOUR MARRIAGE.

THERE ARE NO RIGHT OR WRONG ANSWERS FOR THE FOLLOWING QUESTIONS, PLEASE CIRCLE THE NUMBER OF YOUR CHOICE.



22. I FIND MY MARRIAGE RELATIONSHIP TO BE A PERSONAL GROWTH EXPERIENCE.	1	2	3	4	5	6	7
23. IT WOULD BE DIFFICULT FOR ME TO SEPARATE OR DIVORCE.	1	2	3	4	5	6	7
24. I WOULD LEAVE MY HUSBAND IF HE WERE SEXUALLY UNFAITHFUL TO ME.		2	3	4	5	6	7
25. I AM WILLING TO TAKE THE INITIATIVE IN ENHANCING MY MARRIAGE RELATIONSHIP.	1	2	3	4	5	6	7
26. MY IDEA OF DEDICATION TO MY MARRIAGE RELATIONSHIP HAS BEEN INFLUENCED GREATLY BY MY RELIGIOUS HERITAGE.	1	2	3	4	5	6	7
27. I AM WILLING TO CHANGE SOME OF MY EXPECTATIONS ABOUT MY MARRIAGE.	1	2	3	4	5	6	7

7 DISAGREE STRONGLY
6
5
4
3
2
1 AGREE STRONGLY

		AS 1	2	3	4	5	6	DS 7
28.	I WANT MY MARRIAGE RELATIONSHIP WITH MY HUSBAND TO LAST MY LIFETIME.	1	2	3	4	5	6	7
29.	I WOULD STAY WITH MY HUSBAND EVEN IF HE WERE MENTALLY INCAPACITATED.	1	2	3	4	5	6	7
30.	IT IS IMPORTANT TO ME TO BE SEXUALLY FAITHFUL TO MY HUSBAND	1	2	3	4	5	6	7
31.	IF LOVE AND COMPANIONSHIP WERE NO LONGER PRESENT, I WOULD STILL FEEL A SENSE OF OBLIGATION TO CONTINUE MY MARRIAGE RELATIONSHIP.	1	2	3	4	5	6	7
32.	MY MARRIAGE RELATIONSHIP IS FIRMLY BASED ON MY UNDERSTANDING OF BIBLICAL PRINCIPLES.	1	2	3	4	5	6	7
33.	IT WOULD BE HARD FOR ME TO GET USED TO LIVING WITHOUT MY HUSBAND.	1	2	3	4	5	6	7
34.	I FEEL RESPONSIBLE FOR LOVING AND CARING FOR MY HUSBAND.	1	2	3	4	5	6	7
35.	I FIND A SENSE OF PERSONAL IDENTITY AND FULFILLMENT IN MY MARRIAGE RELATIONSHIP.	1	2	3	4	5	6	7
36.	I WOULD STAY WITH MY HUSBAND EVEN IF HE WERE PHYSICALLY HANDICAPPED.	1	2	3	4	5	6	7
37.	MY MARRIAGE VOWS ARE BINDING ON ME "UNTIL DEATH US DO PART".	1	2	3	4	5	6	7
38.	THE PRESENCE OF CHILDREN IN MY MARRIAGE MAKE IT VERY DIFFICULT FOR ME TO CONSIDER SEPARATION OR DIVORCE.	1	2	3	4	5	6	7
39.	I FIND MY MARRIAGE RELATIONSHIP TO BE VERY SATISFYING.	1	2	3	4	5	6	7
40.	I AM MORE DEDICATED TO OUR MARRIAGE THAN MY HUSBAND IS.	1	2	3	4	5	6	7

41. HOW OFTEN DO YOU TRY TO HELP YOUR HUSBAND ACHIEVE HIS GOALS?

1	2	3	4	5
very often	often	sometimes	rarley	never

42. DO YOU SEE ANY POSSIBILITY - EVEN REMOTELY - OF YOUR MARRIAGE RELATIONSHIP ENDING BY CHOICE.

1	2	3	4	5	6	7
Very unlikely						*Very likely*

43. HOW OFTEN DO YOU THINK ABOUT ENDING YOUR MARRIAGE RELATIONSHIP?

1	2	3	4	5
never	*rarely*	*sometimes*	*often*	*very often*

44. I HAVE A POSITIVE MENTAL ATTITUDE TOWARD MY HUSBAND.

1	2	3	4	5
always	*usually*	*sometimes*	*rarely*	*never*

45. MY RELATIONSHIP WITH MY HUSBAND TAKES PRIORITY OVER MY RELATIONSHIPS WITH MY CHILDREN.

1	2	3	4	5	6
always	*almost always*	*usually*	*sometimes*	*rarely*	*never*

46. HOW OFTEN DO YOU FANTISIZE ABOUT HAVING AN AFFAIR WITH ANOTHER MAN?

1	2	3	4	5
never	*rarely*	*sometimes*	*often*	*very often*

47. RANK THE FOLLOWING VALUES. PUT NUMBER 1 BESIDE YOUR HIGHEST PRIORITY, NUMBER 2 BESIDE YOUR SECOND, ETC.

___*1) work*
___*2) religious faith or belief system*
___*3) husband*
___*4) parents*
___*5) friends*
___*6) children*
___*7) relatives*

48. WHAT IS YOUR VIEW OF YOUR MARRIAGE?

___*1) it is a good relationship with potential to be even better.*
___*2) it is discouraging at times, but has the potential to get better.*
___*3) it is a discouraging relationship and may not get any better.*

49. WHICH OF THE FOLLOWING STATEMENTS BEST DESCRIBE HOW YOU FEEL ABOUT THE FUTURE OF YOUR MARRIAGE RELATIONSHIP.

___*1) I want desperately for my marriage to succeed, and would go to almost any length to see that it does*
___*2) I want very much for my marriage to succeed, and will do all I can to see that it does.*
___*3) I want very much for my marriage to succeed, and will do my fair share to see that it does.*
___*4) It would be nice if my marriage succeeded, but I can't do much more than I am doing now to help it succeed.*
___*5) It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the marriage going.*
___*6) My marriage can never succeed, and there is no more that I can do to keep the marriage going.*

50. HOW WOULD YOU DESCRIBE YOUR PAST OR PREVIOUS DEDICATION TO YOUR MARRIAGE RELATIONSHIP.

___*1) Because I have been married for only a short time, I cannot answer this question.*

___*2) In previous years, I was more dedicated to my marriage than I am now.*

___*3) In previous years, I was less dedicated to my marriage than I am now.*

___*4) There has not been any change, I was just as dedicated in previous years as I am now.*

51. IN GENERAL, HOW MUCH OF THE TIME DO YOU THINK THAT THINGS BETWEEN YOU AND YOUR HUSBAND ARE GOING WELL?

1	*2*	*3*	*4*	*5*	*6*
always	*almost always*	*usually*	*sometimes*	*rarely*	*never*

52. THE NUMBERS ON THE FOLLOWING LINE REPRESENT DIFFERENT DEGREES OF HAPPINESS IN YOUR RELATIONSHIP. THE MIDDLE POINT, "HAPPY", REPRESENTS THE DEGREE OF HAPPINESS OF MOST MARRIAGES. PLEASE CIRCLE THE NUMBER WHICH BEST DESCRIBES THE DEGREE OF HAPPINESS, ALL THINGS CONSIDERED, OF YOUR MARRIAGE RELATIONSHIP.

1	*2*	*3*	*4*	*5*	*6*	*7*
Perfect	*Extremely happy*	*Very happy*	*Happy*	*A little unhappy*	*Fairly unhappy*	*Extremely unhappy*

SECTION III 'IF'

THIS SECTION OF THE QUESTIONNAIRE IS UNIQUE.

ONE WAY OF HELPING ME TO UNDERSTAND YOUR ATTITUDES AND FEELINGS ABOUT YOUR MARRIAGE RELATIONSHIP IS TO LEARN HOW YOU WOULD REACT SHOULD IT BECOME POSSIBLE THAT YOUR MARRIAGE MIGHT END. I AM NOT SUGGESTING THAT YOUR MARRIAGE MIGHT END - BUT I WOULD LIKE TO KNOW HOW YOU AND OTHERS IN YOUR WORLD MIGHT REACT WERE THIS EVER TO BECOME A POSSIBILITY FOR YOU.

PLEASE MARK THE FOLLOWING STATEMENT YOU FEEL IS APPROPRIATE FOR YOU.

53. ___*1) I don't believe a consideration of separation or divorce will ever be relevant to my present marriage, but I am willing to try to answer questions in this section to the best of my ability in order to further help you as a researcher better understand marriage relationships.*

___*2) There are some issues in my marriage that do concern me and therefore, the following questions may be relevant. I am willing to try to answer these questions and seek to understand what I might do if my marriage were to end.*

IF FOR SOME REASON YOU WERE TO DECIDE RIGHT NOW TO END YOUR MARRIAGE -- THERE ARE A NUMBER OF SPECIFIC ACTIONS WHICH YOU WOULD HAVE TO TAKE IN ORDER TO DO THAT. YOU WILL FIND BELOW A LIST OF SOME SHORT TERM IMMEDIATE ACTIONS.

I WOULD LIKE YOU TO INCIATE HOW DIFFICULT YOU THINK EACH OF THESE ACTIONS WOULD BE FOR YOU.

ANSWER BY CIRCLING A NUMBER CORRESPONDING TO THE ANSWERS BELOW - NEXT TO EACH OF THE ACTIONS IN THE FOLLOWING QUESTIONS.

6 IT WOULD BE VERY DIFFICULT
5 IT WOULD BE SOMEWHAT DIFFICULT
4 I'D BE INDIFFERENT
3 IT WOULD BE SOMEWHAT EASY
2 IT WOULD BE VERY EASY
1 I WOULD NOT HAVE TO DO IT

54.	SIMPLY TELL MY HUSBAND	1	2	3	4	5	6
55.	TALK OVER MY DECISION WITH MY HUSBAND AND PROVIDE AN EXPLANATION	1	2	3	4	5	6
56.	EXPLAIN MY REASONS TO MY PARENTS	1	2	3	4	5	6
57.	EXPLAIN MY REASONS TO MY HUSBAND'S PARENTS	1	2	3	4	5	6
58.	EXPLAIN MY REASONS TO MY FRIENDS	1	2	3	4	5	6
59.	SEARCH FOR A NEW PLACE TO LIVE	1	2	3	4	5	6
60.	MOVE MY THINGS SOMEWHERE ELSE	1	2	3	4	5	6
61.	DECIDE HOW TO SPLIT UP JOINT POSSESSIONS	1	2	3	4	5	6
62.	INITIATE SEPARATION PROCEDURES	1	2	3	4	5	6
63.	FILE FOR DIVORCE	1	2	3	4	5	6
64.	TELL THE CHILDREN	1	2	3	4	5	6
65.	DECIDE ON CUSTODY OF THE CHILDREN	1	2	3	4	5	6

IF YOU DECIDED TO END YOUR MARRIAGE - IN ADDITION TO THE PREVIOUS SPECIFIC ACTIONS THAT YOU WOULD HAVE TO TAKE - THERE ARE SOME OTHER CHANGES THAT WOULD COME ABOUT. I AM REFERRING HERE TO RELATIVELY LONG TERM CHANGES IN YOUR DAILY LIFE OR PLANS FOR THE FUTURE.

I'D LIKE YOU TO INDICATE HOW YOU WOULD FEEL ABOUT EACH OF THE CHANGES IN THE FOLLOWING QUESTIONS BY CIRCLING THE APPROPRIATE NUMBER.

POSSIBLE FEELING RESPONSES:

6 I'D FEEL VERY UNHAPPY
5 I'D FEEL SOMEWHAT UNHAPPY
4 I'D FEEL INDIFFERENT
3 I'D FEEL SOMEWHAT HAPPY
2 I'D FEEL VERY HAPPY
1 MY FEELINGS WOULD NOT CHANGE

HOW I WOULD FEEL ABOUT THE FOLLOWING CHANGES:

66.	LEAVING LONGTIME FRIENDS BEHIND	1	2	3	4	5	6
67.	TRAVELLING ALONE	1	2	3	4	5	6
68.	BEING LESS SOCIALLY INVOLVED	1	2	3	4	5	6
69.	LIVING SOMEPLACE ELSE IN THE AREA	1	2	3	4	5	6
70.	HAVING MORE INDEPENDENCE AND FREEDOM IN MAKING DECISIONS	1	2	3	4	5	6
71.	LIVING ALONE	1	2	3	4	5	6
72.	HAVING SOME FINANCIAL PROBLEMS	1	2	3	4	5	6
73.	GETTING A JOB	1	2	3	4	5	6
74.	REORGANIZING COOKING AND HOUSEKEEPING CHORES	1	2	3	4	5	6
75.	MY CHILDREN NOT HAVING A TWO PARENT HOME	1	2	3	4	5	6
76.	NOT HAVING MY CHILDREN WITH ME	1	2	3	4	5	6
77.	NOT HAVING SOMEONE TO SHARE CHILD CARE AND DISCIPLINE	1	2	3	4	5	6
78.	MY SEXUAL NEEDS NOT BEING ADEQUATELY MET	1	2	3	4	5	6
79.	GIVING UP MY STATUS AS A MARRIED PERSON	1	2	3	4	5	6
80.	DATING A VARIETY OF PEOPLE	1	2	3	4	5	6
81.	BECOMING INVOLVED WITH SOMEONE ELSE	1	2	3	4	5	6
82.	MAKING MORE FRIENDS, MEETING NEW PEOPLE	1	2	3	4	5	6

THE ANSWERS TO QUESTIONS 83, 84, AND 85 ARE PUT IN THE APPROPRIATE COLUMNS AND SPACES IN THE DIAGRAM ON THIS PAGE.

83. IN THE COLUMN HEADED 'INITIALS', PLEASE LIST THE INITIALS OF THOSE PEOPLE WHOSE OPINIONS OF YOUR PERSONAL LIFE ARE IMPORTANT TO YOU. YOU MAY LIST ANY NUMBER OF PEOPLE -- YOU NEED NOT FILL UP ALL THE SPACES.

IN THE COLUMN HEADED 'RELATION', PLEASE INDICATE EACH PERSON'S RELATIONSHIP TO YOU, FOR EXAMPLE, WIFE, MOTHER, HUSBAND, FATHER, SON, DAUGHTER, FRIEND, ETC. PLEASE CIRCLE YOUR WIFE'S INITIALS.

84. NOW, FOR EACH OF THESE PEOPLE, I'D LIKE YOU TO ANSWER THE FOLLOWING QUESTION. IN MAKING DECISIONS ABOUT YOUR PERSONAL LIFE, HOW IMPORTANT DO YOU CURRENTLY CONSIDER THE OPINIONS OF THIS PERSON TO BE? USE THE SCALE BELOW AND SIMPLY WRITE IN THE APPROPRIATE NUMBER FOR EACH PERSON IN THE COLUMN HEADED 'IMPORTANCE'.

1	2	3	4	5
not at all important	*somewhat important*	*important*	*very important*	*extremely important*

85. IF YOU WERE TO DECIDE TO END YOUR MARRIAGE RELATIONSHIP RIGHT NOW, HOW WOULD THIS PERSON (THE INITIALS) FEEL? PUT YOUR ANSWER IN THE COLUMN WITH THE HEADING 'END'.

1	2	3	4	5
strongly disapprove of ending	*disapprove*	*indifferent*	*approve*	*strongly approve of ending*

DIAGRAMS FOR THE ANSWERS TO QUESTIONS 83. 84 AND 85

	INITIALS	RELATION	IMPORTANCE	END
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

86. NOW I'D LIKE YOU TO CONSIDER THE "INVESTMENTS" YOU HAVE MADE IN YOUR MARRIAGE. I'D LIKE YOU TO THINK FOR A MOMENT ABOUT THE TIME, MONEY, AND EMOTIONAL EFFORT THAT YOU HAVE PUT INTO THE MARRIAGE; THESE THINGS THAT IN A SENSE WOULD BE LOST IF YOU WERE TO END THE MARRIAGE AT THIS TIME.

BY USING THE FOLLOWING SCALE:

1	2	3	4	5
a very large investment	*a large investment*	*a moderate investment*	*a small investment*	*a very small investment*

1) HOW LARGE AN INVESTMENT OF TIME DO YOU THINK YOU HAVE MADE IN THIS MARRIAGE?
(WRITE THE APPROPRIATE NUMBER FROM THE SCALE) ______

2) HOW LARGE AN INVESTMENT OF MONEY DO YOU THINK YOU HAVE MADE IN THIS MARRIAGE?
(WRITE THE APPROPRIATE NUMBER FROM THE SCALE) ______

3) HOW LARGE AN INVESTMENT OF EMOTIONAL EFFORT DO YOU THINK YOU HAVE MADE IN THIS MARRIAGE?
(WRITE THE APPROPRIATE NUMBER FROM THE SCALE) ______

SECTION IV PERSONAL DEDICATION

SOME MARRIED PEOPLE WILL DO MOST ANYTHING TO KEEP THEIR MARRIAGE TOGETHER; OTHERS WOULD GIVE UP MORE EASILY. FOR EACH OF THE FOLLOWING STATEMENTS, INDICATE WHICH ANSWER BEST REFLECTS YOUR OWN PERSPECTIVE.

7 DISAGREE STRONGLY
6
5
4
3
2
1 AGREE STRONGLY

TO KEEP MY MARRIAGE TOGETHER I WOULD:	AS						DS
87. BE MORE PATIENT WITH MY HUSBAND	1	2	3	4	5	6	7
88. SET A GOAL TO DO SOMETHING POSITIVE FOR MY HUSBAND EACH DAY	1	2	3	4	5	6	7
89. ADOPT A MORE MODEST LIFE STYLE, THAT IS, TO REDUCE MONTHLY 'OUT GO'	1	2	3	4	5	6	7
90. START GOING TO CHURCH	1	2	3	4	5	6	7
91. GIVE UP MY BAD HABITS	1	2	3	4	5	6	7
92. SPEND MORE TIME WITH MY HUSBAND	1	2	3	4	5	6	7

7 DISAGREE STRONGLY
6
5
4
3
2
1 AGREE STRONGLY

	TO KEEP MY MARRIAGE TOGETHER I WOULD	AS						DS
93.	GO PLACES WITH MY HUSBAND MORE OFTEN	1	2	3	4	5	6	7
94.	CONTROL MY EMOTIONS (ANGER, DEPRESSION, MOODS, ETC.)	1	2	3	4	5	6	7
95.	BE "NICE" WHEN I DON'T WANT TO BE	1	2	3	4	5	6	7
96.	PUT MY HUSBAND FIRST	1	2	3	4	5	6	7
97.	SEEK HELP FROM A COUNSELLOR/ THERAPIST	1	2	3	4	5	6	7
98.	CHANGE MY JOB	1	2	3	4	5	6	7
99.	HAVE MORE CHILDREN	1	2	3	4	5	6	7
100.	MOVE TO ANOTHER PLACE IF THAT WAS IMPORTANT TO MY HUSBAND	1	2	3	4	5	6	7
101.	DROP SOME OF MY NON-FAMILY ACTIVITIES	1	2	3	4	5	6	7
102.	LEARN HOW TO LISTEN TO MY HUSBAND'S CONCERNS WITHOUT JUDGING	1	2	3	4	5	6	7
103.	HUG MY HUSBAND MORE FREQUENTLY	1	2	3	4	5	6	7
104.	HAVE SEX WITH MY HUSBAND MORE OFTEN	1	2	3	4	5	6	7
105.	HELP MY HUSBAND WITH HIS JOBS	1	2	3	4	5	6	7
106.	GIVE UP SOME OF MY RIGHTS	1	2	3	4	5	6	7
107.	COMPROMISE OUR DIFFERENCES	1	2	3	4	5	6	7
108.	WORK HARDER TO ACCEPTING OUR DIFFERENCES AND HANGUPS	1	2	3	4	5	6	7
109.	STUDY WAYS OF MAKING MY MARRIAGE BETTER	1	2	3	4	5	6	7
110.	TAKE COURSES ON MARRIAGE IMPROVEMENT	1	2	3	4	5	6	7
111.	ADJUST MY PERSONALITY TO FIT BETTER WITH MY HUSBAND'S PERSONALITY	1	2	3	4	5	6	7
112.	GET HELP WITH MY PROBLEMS	1	2	3	4	5	6	7
113.	DO MOST ANYTHING TO MAKE MY MARRIAGE WORK	1	2	3	4	5	6	7
114.	WORK HARDER IN MY MARRIAGE WHETHER MY HUSBAND WORKS HARDER OR NOT	1	2	3	4	5	6	7
115.	DEFINE THE SUCCESS OF MY MARRIAGE AS MY JOB, NOT MY HUSBAND'S	1	2	3	4	5	6	7

7 DISAGREE STRONGLY
6
5
4
3
2
1 AGREE STRONGLY

TO KEEP MY MARRIAGE TOGETHER I WOULD:

116.	STOP NAGGING MY HUSBAND	1	2	3	4	5	6	7
117.	NOT BE SELFISH	1	2	3	4	5	6	7
118.	NOT INSIST ON HAVING THINGS MY WAY	1	2	3	4	5	6	7
119.	BE MORE THOUGHTFUL AND CONSIDERATE OF MY HUSBAND'S NEEDS AND FEELINGS	1	2	3	4	5	6	7
120.	STOP FLIRTING WITH THE BOYS	1	2	3	4	5	6	7
121.	IMPROVE MY QUALITY OF MAKING LOVE	1	2	3	4	5	6	7
122.	LEARN TO COMMUNICATE BETTER	1	2	3	4	5	6	7
123.	GIVE UP MY SUPERIOR ATTITUDE	1	2	3	4	5	6	7
124.	GIVE UP EXTRA MARITAL SEX	1	2	3	4	5	6	7
125.	BE LESS AUTHORITORIAN	1	2	3	4	5	6	7
126.	TRUST MY HUSBAND'S JUDGEMENT	1	2	3	4	5	6	7
127.	NOT BE PICKY ABOUT SMALL MONEY MATTERS	1	2	3	4	5	6	7

YOUR COMMENTS

A) HOW DO YOU FEEL ABOUT THIS QUESTIONNAIRE? PLEASE SHARE YOUR COMMENTS AS TO WAYS IN WHICH IT WAS HELPFUL OR NOT HELPFUL.

B) DO YOU HAVE ANY FURTHER COMMENTS YOU WOULD LIKE TO MAKE ABOUT MARRIAGE RELATIONSHIPS - IF SO - PLEASE WRITE THEM ON THE BACK OF THIS PAGE.

THANKS

THANK YOU FOR ANSWERING ALL THE QUESTIONS AND FOR SHARING YOUR INSIGHTS.

APPENDIX D

Independent Variables

Independent Variables

Demographic Variables

Age q. 1
Years Married q. 2
Residence Stability q. 10
Number of children in home q. 4

Life Satisfaction Variables

Standard of Living Satisfaction q. 13 c)
Good Money Management q. 11
Work Satisfaction q. 9
Low or moderate stress q. 21

Socioeconomic Variables

Education achieved q. 17
Personal Income q. 12
Couple Income q. 13 b)

Social Support Variables

Close to Neighbours q. 18
Time Spent with Friends q. 19 a)
Time Spent with Relatives q. 19 b)
Get Support From Others q. 20

Religious Variables

Religious Participation q. 15
Self Religious Comparison q. 16

Marital Satisfaction Variables

Marital Well-Being q. 51
Marital Happiness q. 52

APPENDIX E

Independent Variables by Factor of Questions 22 through 40

Appendix E-1

Independent Variables by Factor of questions 22 through 40, Significant Husbands' and Wives' Correlations (continued on Appendix E-2)

Independent Variables	Husb. dedication to spouse and marriage[4] Husbands	Wife dedication to spouse and marriage[5] Wives
Age		
Years married		.109[1]
Residence stability	.203[2]	.132[1]
Number of children in home		
Std. of living satisfaction	.260[3]	.156[1]
Good money management	.191[2]	.238[3]
Work satisfaction	.152[1]	
Low or moderate everyday stress		.120[1]
Education achieved		
Personal income		
Couple income		.114[1]
Close to neighbours	.189[2]	
Time spent with friends	.149[1]	
Time spent with relatives	.148[1]	
Get support from others	.278[3]	
Religious participation	.268[3]	.258[3]
Self religious comparison	.221[3]	.248[3]
Marital well-being	.416[3]	.325[3]
Marital happiness	.484[3]	.321[3]

[1]=.05 [2]=.01 [3]=.001

[4] Index based on factor analysis and includes questions 23, 28, 33, 34, 35, and 39.

[5] Index based on factor analysis and includes questions 28, 29, 30, and 36. Note that the same questions did not factor in the same way for husbands and wives.

Appendix E-2

Independent Variables by Factor of questions 22 through 40, Significant Husbands' and Wives' Correlations

Independent Variables	Husb. religious influence and obligation[4] Husbands	Wife willingness to change/concern about children[5] Wives
Age		
Yrs. marr.		
Res. stability		
No. child. home	.158[1]	
Std. lvg. satis.	.143[1]	
Good money mgmt.		
Work satis.		
Low/mod. stress	-.144[1]	
Education		
Pers. income		-.148[1]
Couple income		
Neighbourliness	.123[1]	
Time-friends		
Time-relatives		
Support group	.126[1]	
Religious part.	.764[3]	.309[3]
Self. relig. comp.	.655[3]	.327[3]
Marr. well-being		
Marr. happiness	.119[1]	

[1]=.05 [2]=.01 [3]=.001

[4] Index based on factor analysis and includes questions 26, 31, and 32.

[5] Index based on factor analysis and includes questions 27, and 38.

APPENDIX F

Independent Variables by

Commitment Choices

Appendix F-1

Independent Variables by Commitment Choices Variables (Moral Obligation) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-2)

	Commitment Choices (Moral Obligation to marriage)			
	Sense of obligation q. 31		Vows binding till death part q. 37	
Independent Variables	Husb.	Wives	Husb.	Wives
Age		$.237^3$		$.125^1$
Yrs. marr.		$.217^3$		$.173^2$
Res. stability		$.171^2$		
No. child. home		$.243^2$		
Std. lvg. satis.	$.121^1$			
Good money mgmt.				
Work satis.				
Low/mod. stress				
Education				
Pers. income		$-.126^1$		
Couple income			$-.142^1$	
Neighbourliness		$.137^1$	$.132^1$	
Time-friends				
Time-relatives			$.137^1$	
Support group				
Religious part.	$.456^3$	$.454^3$	$.460^3$	$.309^3$
Self relig. comp.	$.339^3$	$.397^3$	$.344^3$	$.231^3$
Marr. well-being			$.193^2$	$.315^3$
Marr. happiness			$.176^2$	$.271^3$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-2

Independent Variables by Commitment Choices (Responsibility to Spouse) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-3)

	Commitment Choices (Responsibility to Spouse)					
	Leave if spouse is unfaithful q. 24		Stay if spouse ment. incap. q. 29		Important to be sex. faith. q. 30	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age						
Yrs. marr.						
Res. stability			.199[2]	.156[1]	.145[1]	
No. child. home						
Std. lvg. satis.						.185[2]
Good money mgmt.				.214[3]		
Work satis.						
Low/mod. stress						.167[2]
Education						
Pers. income			.131[1]	-.152[1]		
Couple income						
Neighbourliness			.174[2]		.166[2]	
Time-friends						
Time-relatives			.123[1]		.194[2]	
Support group			.148[1]		.191[2]	
Religious part.	.188[2]	.144[1]	.257[3]	.213[3]	.383[3]	.238[3]
Self relig. comp.	.215[3]	.226[3]	.245[3]	.233[3]	.245[3]	
Marr. well-being		.115[1]	.131[1]	.204[3]	.266[3]	.195[3]
Marr. happiness		.145[1]	.156[1]	.219[3]	.254[3]	.133[1]

[1]=.05 [2]=.01 [3]=.001

Appendix F-3

Independent Variables by Commitment Choices (Responsibility to Spouse) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-4)

	Commitment Choices (Responsibility to Spouse)			
	Feel response. to love & care q. 34		Stay if spouse physically handicapped q. 36	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**
Age				
Yrs. marr.				
Res. stability	.258^{3}		.208^{2}	
No. child. home				
Std. lvg. satis.	.183^{2}	.130^{1}	.123^{1}	.187^{2}
Good money mgmt.		.154^{2}		.162^{2}
Work satis.			.113^{1}	
Low/mod. stress		.154^{2}		.137^{1}
Education				
Pers. income				-.176^{2}
Couple income		.136^{1}		
Neighbourliness	.161^{2}		.154^{1}	.132^{1}
Time-friends				
Time-relatives	.176^{2}		.149^{1}	
Support group	.229^{3}		.158^{2}	
Religious part.	.321^{3}	.236^{3}	.274^{3}	.188^{2}
Self relig. comp.	.263^{3}	.178^{2}	.236^{3}	.163^{2}
Marr. well-being	.308^{3}	.420^{3}	.181^{2}	.217^{3}
Marr. happiness	.295^{3}	.409^{3}	.248^{3}	.236^{3}

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-4

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-5)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	Willing to take initiative q. 25		Willing to change expect. q. 27		I would be more patient with spouse q. 87	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age			-.140^{1}			
Yrs. marr.			-.177^{2}			
Res. stability	.142^{1}					
No. child. home		-.178^{1}				
Std. lvg. satis.	.132^{1}	.189^{2}			.257^{3}	.128^{1}
Good money mgmt.		.149^{1}			.114^{1}	.152^{1}
Work satis.					.145^{1}	.145^{1}
Low/mod. stress						
Education		.130^{1}	.138^{1}			-.112^{1}
Pers. income						
Couple income						
Neighbourliness	.233^{3}				.146^{1}	
Time-friends		.128^{1}				
Time-relatives	.194^{2}		.179^{2}	.118^{1}	.132^{1}	
Support group	.121^{1}	.150^{1}	.209^{3}		.188^{2}	
Religious part.	.215^{3}	.138^{1}	.196^{2}	.208^{3}	.204^{3}	.257^{3}
Self relig. comp.	.190^{2}	.172^{2}	.205^{3}	.237^{3}	.235^{3}	.277^{3}
Marr. well-being	.308^{3}	.200^{3}			.302^{3}	.294^{3}
Marr. happiness	.273^{3}	.309^{3}			.391^{3}	.340^{3}

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-5

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-6)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would do positive thing for spouse q. 88		I would be more modest, reduce outgo q. 89		I would start going to church q. 90	
Independent Variables	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age						
Yrs. marr.	$-.160^{2}$					
Res. stability				$.132^{1}$	$.150^{1}$	$.157^{1}$
No. child. home						$.183^{1}$
Std. lvg. satis.	$.142^{1}$	$.142^{1}$	$.125^{1}$	$.767^{3}$		
Good money mgmt.	$.134^{1}$			$.159^{2}$		
Work satis.	$.162^{2}$	$.282^{3}$		$.139^{1}$		
Low/mod. stress				$.183^{2}$		
Education						
Pers. income						$-.184^{2}$
Couple income				$.128^{1}$		$-.148^{1}$
Neighbourliness	$.120^{1}$		$.151^{1}$	$.135^{1}$	$.151^{1}$	
Time-friends						
Time-relatives	$.184^{2}$	$.206^{3}$			$.172^{2}$	$.160^{1}$
Support group	$.179^{2}$		$.124^{1}$			
Religious part.	$.139^{1}$	$.299^{3}$	$.158^{1}$	$.213^{3}$	$.574^{3}$	$.660^{3}$
Self relig. comp.	$.177^{2}$	$.373^{3}$	$.202^{2}$	$.245^{3}$	$.464^{3}$	$.611^{3}$
Marr. well-being	$.280^{3}$	$.209^{3}$	$.275^{3}$	$.274^{3}$		
Marr. happiness	$.260^{3}$	$.278^{3}$	$.324^{3}$	$.273^{3}$	$.152^{1}$	

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-6

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-7)

Commitment Choices (Affirm. Choices & Enrich. Behav.)

	I would give up bad habits q. 91		I would spend more time with spouse q. 92		I would go more places with spouse q. 93	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age		$.135^{1}$				
Yrs. marr.		$.113^{1}$			$-.115^{1}$	
Res. stability						
No. child. home						$-.142^{1}$
Std. lvg. satis.			$.207^{3}$		$.149^{1}$	$.163^{2}$
Good money mgmt.					$.127^{1}$	$.169^{2}$
Work satis.			$.155^{1}$			$.183^{2}$
Low/mod. stress				$.191^{2}$		$.134^{1}$
Education						
Pers. income				$-.161^{1}$		
Couple income						
Neighbourliness	$.219^{3}$		$.125^{1}$			
Time-friends						
Time-relatives	$.132^{1}$	$.141^{1}$		$.157^{1}$		
Support group	$.216^{3}$		$.174^{2}$			
Religious part.	$.376^{3}$	$.372^{3}$	$.278^{3}$	$.205^{3}$	$.204^{2}$	$.183^{2}$
Self relig. comp.	$.306^{3}$	$.230^{3}$	$.242^{3}$	$.255^{3}$	$.156^{1}$	
Marr. well-being	$.170^{2}$	$.125^{1}$	$.330^{3}$	$.272^{3}$	$.194^{2}$	$.219^{3}$
Marr. happiness	$.196^{2}$	$.177^{2}$	$.382^{3}$	$.368^{3}$	$.294^{3}$	$.394^{3}$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-7

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-8)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would control my emotions eg. anger, depress. q. 94		I would be nice when don't want to q. 95		I would put spouse first q. 96	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age						
Yrs. marr.	$-.124^{1}$					
Res. stability					$.176^{2}$	
No. child. home	$-.178^{1}$					
Std. lvg. satis.	$.206^{3}$				$.154^{1}$	
Good money mgmt.		$.162^{2}$			$.116^{1}$	
Work satis.		$.127^{1}$				$.164^{2}$
Low/mod. stress						$.150^{1}$
Education		$-.119^{1}$				$-.171^{2}$
Pers. income						$-.138^{1}$
Couple income						
Neighbourliness						
Time-friends						
Time-relatives	$.116^{1}$					
Support group	$.140^{1}$				$.114^{1}$	
Religious part.	$.221^{3}$	$.186^{2}$	$.253^{3}$	$.235^{3}$	$.152^{1}$	$.225^{3}$
Self relig. comp.	$.225^{3}$	$.124^{1}$	$.130^{1}$	$.137^{1}$	$.160^{2}$	$.122^{1}$
Marr. well-being	$.237^{3}$	$.143^{1}$			$.174^{2}$	$.252^{3}$
Marr. happiness	$.271^{3}$		$.129^{1}$		$.253^{3}$	$.217^{3}$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-8

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-9)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would get counselling help q. 97		I would change my job q. 98		I would have more children q. 99	
Independent Variables	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age			$-.175^{2}$		$-.309^{3}$	$-.281^{3}$
Yrs. marr.			$-.256^{3}$		$-.287^{3}$	$-.304^{3}$
Res. stability						
No. child. home	$.189^{1}$				$-.151^{1}$	
Std. lvg. satis.				$.114^{1}$		
Good money mgmt.						
Work satis.						
Low/mod. stress						
Education						
Pers. income				$-.151^{1}$		
Couple income		$-.135^{1}$				$-.204^{2}$
Neighbourliness						
Time-friends						$.161^{1}$
Time-relatives			$.229^{3}$			
Support group	$.230^{3}$		$.166^{2}$			
Religious part.	$.312^{3}$		$.263^{3}$	$.171^{2}$		$.211^{2}$
Self relig. comp.	$.209^{3}$	$.159^{2}$	$.287^{3}$	$.134^{1}$		
Marr. well-being			$.217^{3}$	$.182^{2}$		$.148^{1}$
Marr. happiness	$.172^{2}$		$.248^{3}$	$.266^{3}$		$.178^{2}$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-9

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-10)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would move if spouse wanted q. 100		I would drop non-family activity q. 101		I would listen to spouse without judg. q. 102	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age	-.115[1]		-.185[2]			
Yrs. marr.			-.188[2]			
Res. stability		.159[1]				.195[2]
No. child. home	-.149[1]					
Std. lvg. satis.		.123[1]	.193[2]		.229[3]	.154[1]
Good money mgmt.	.123[1]	.149[1]	.116[1]			.149[1]
Work satis.						.159[2]
Low/mod. stress						
Education						
Pers. income	-.116[1]					
Couple income						
Neighbourliness					.167[2]	
Time-friends						
Time-relatives	.127[1]					
Support group			.201[2]		.209[3]	
Religious part.			.172[2]	.295[3]	.250[3]	.194[2]
Self relig. comp.	.185[2]		.226[3]	.274[3]	.219[3]	.248[3]
Marr. well-being	.115[1]	.241[3]	.196[2]	.225[3]	.219[3]	.248[3]
Marr. happiness		.160[2]	.310[3]	.326[3]	.273[3]	.264[3]

[1] =.05 [2] =.01 [3] =.001

Appendix F-10

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-11)

Independent Variables	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would hug spouse more frequently q. 103		I would have sex with spouse more often q. 104		I would help spouse with his/her jobs q. 105	
	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age					$-.195^{2}$	
Yrs. marr.					$-.167^{2}$	
Res. stability		$.152^{1}$				
No. child. home					$-.183^{1}$	
Std. lvg. satis.	$.210^{3}$	$.177^{2}$	$.154^{1}$	$.191^{2}$	$.234^{3}$	
Good money mgmt.	$.152^{1}$		$.152^{1}$		$.117^{1}$	$.152^{1}$
Work satis.		$.239^{3}$		$.163^{2}$		$.177^{2}$
Low/mod. stress		$.118^{1}$		$.115^{1}$		
Education				$-.216^{3}$		
Pers. income						
Couple income			$.144^{1}$			
Neighbourliness	$.137^{1}$					
Time-friends	$.145^{1}$					
Time-relatives					$.221^{3}$	$.138^{1}$
Support group	$.183^{2}$				$.176^{2}$	
Religious part.	$.150^{1}$	$.175^{2}$		$.166^{2}$	$.210^{3}$	$.218^{3}$
Self relig. comp.	$.172^{2}$	$.123^{1}$			$.252^{3}$	$.117^{1}$
Marr. well-being	$.238^{3}$	$.215^{3}$	$.183^{2}$	$.247^{3}$	$.268^{3}$	$.241^{3}$
Marr. happiness	$.325^{3}$	$.334^{3}$	$.301^{3}$	$.281^{3}$	$.322^{3}$	$.199^{2}$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-11

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-12)

Commitment Choices (Affirm. Choices & Enrich. Behav.)

Independent Variables	I would give up some rights q. 106		I would comprom. our differences q. 107		I would work at accepting our differences q. 108	
	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age			$-.128^1$	$-.140^1$	$-.176^2$	
Yrs. marr.					$-.139^1$	
Res. stability		$.124^1$			$.130^1$	$.241^3$
No. child. home			$-.197^1$			
Std. lvg. satis.	$.124^1$		$.257^3$	$.129^1$	$.213^3$	$.129^1$
Good money mgmt.	$.116^1$		$.188^2$	$.169^2$		$.157^2$
Work satis.		$.130^1$	$.145^1$			
Low/mod. stress		$.126^1$				
Education						
Pers. income		$-.128^1$				
Couple income						
Neighbourliness			$.140^1$		$.150^1$	
Time-friends						
Time-relatives	$.123^1$		$.201^2$		$.160^1$	
Support group			$.209^3$		$.127^1$	
Religious part.	$.267^3$	$.343^3$	$.151^1$	$.121^1$	$.181^2$	$.147^1$
Self relig. comp.	$.238^3$	$.192^2$	$.201^2$		$.194^2$	$.168^2$
Marr. well-being		$.118^1$	$.262^3$	$.228^3$	$.234^3$	$.173^2$
Marr. happiness	$.152^1$	$.152^1$	$.307^3$	$.264^3$	$.257^3$	$.224^3$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-12

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives Correlations (continued on Appendix F-13)

Independent Variables	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would study ways to improve marr. q. 109		I would take courses on marr. improve. q. 110		I would adjust my personality to fit spouses q. 111	
	Husb.	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age			-.169[2]			
Yrs. marr.			-.171[2]			
Res. stability	.173[2]	.255[3]			.190[2]	.127[1]
No. child. home						
Std. lvg. satis.	.289[3]	.122[1]	.130[1]		.223[3]	
Good money mgmt.	.146[1]	.183[2]				.141[1]
Work satis.	.191[2]	.156[1]	.193[2]	.156[1]		
Low/mod. stress						
Education			.224[3]			
Pers. income						
Couple income						
Neighbourliness	.131[1]				.175[2]	.140[1]
Time-friends						
Time-relatives	.139[1]	.131[1]		.125[1]	.128[1]	
Support group	.197[2]		.212[3]		.175[2]	
Religious part.	.201[2]	.134[1]	.293[3]	.264[3]	.368[3]	.326[3]
Self relig. comp.	.234[3]	.244[3]	.206[3]	.260[3]	.302[3]	.187[2]
Marr. well-being	.234[3]	.138[1]	.173[2]	.197[2]	.239[3]	
Marr. happiness	.261[3]	.195[2]	.245[3]	.295[3]	.298[3]	.187[2]

[1]=.05 [2]=.01 [3]=.001

Appendix F-13

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-14)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would get help with my problems q. 112		I would do most anything to make marr. work q. 113		I would work harder in marr. ... did or not q. 114	
Independent Variables	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age	-.141[1]		-.116[1]			
Yrs. marr.	-.114[1]					
Res. stability						.131[1]
No. child. home		-.169[1]				
Std. lvg. satis.	.187[2]		.142[1]		.222[3]	.190[2]
Good money mgmt.						
Work satis.	.129[1]	.120[1]			.128[1]	.171[2]
Low/mod. stress				.127[1]		
Education	.128[1]					
Pers. income						
Couple income						
Neighbourliness		.114[1]			.199[2]	.146[1]
Time-friends						
Time-relatives		.141[1]	.210[3]	.134[1]	.146[1]	
Support group	.206[3]		.215[3]		.270[3]	
Religious part.	.286[3]	.193[2]	.299[3]	.271[3]	.310[3]	.337[3]
Self relig. comp.	.283[3]	.243[3]	.294[3]	.238[3]	.259[3]	.226[3]
Marr. well-being	.127[1]		.239[3]	.158[2]	.263[3]	.206[3]
Marr. happiness	.252[3]	.146[1]	.220[3]	.232[3]	.251[3]	.286[3]

[1]=.05 [2]=.01 [3]=.001

Appendix F-14

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-15)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would define success of marr. as my job q. 115		I would stop nagging my spouse q. 116		I would not be selfish q. 117	
Independent Variables	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age		$.122^1$				
Yrs. marr.	$.159^2$					
Res. stability			$.164^1$	$.161^1$	$.147^1$	$.199^2$
No. child. home						
Std. lvg. satis.	$.207^3$		$.205^3$	$.202^3$	$.253^3$	$.157^2$
Good money mgmt.		$.152^1$	$.141^1$	$.132^1$	$.190^2$	$.180^2$
Work satis.	$.150^1$					
Low/mod. stress				$.155^1$		$.170^2$
Education				$-.182^2$	$-.113^1$	$-.153^1$
Pers. income						$-.167^2$
Couple income						
Neighbourliness			$.175^2$		$.209^3$	
Time-friends			$.114^1$			
Time-relatives						
Support group			$.186^2$		$.175^2$	
Religious part.	$.393^3$	$.333^3$	$.242^3$	$.291^3$	$.276^3$	$.328^3$
Self relig. comp.	$.407^3$	$.196^2$	$.209^3$	$.182^2$	$.215^3$	$.200^3$
Marr. well-being	$.184^2$		$.211^3$	$.190^2$	$.291^3$	$.192^2$
Marr. happiness	$.245^3$		$.311^3$	$.218^3$	$.283^3$	$.270^3$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-15

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-16)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would not insist on my way q. 118		I would be more th'tful of spouse's needs q. 119		I would improve quality of making love q. 121	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age			$-.132^{1}$			
Yrs. marr.					$.127^{1}$	
Res. stability		$.223^{3}$				
No. child. home					$.150^{1}$	
Std. lvg. satis.	$.241^{3}$	$.185^{2}$	$.182^{2}$	$.138^{1}$	$.150^{1}$	
Good money mgmt.	$.197^{2}$	$.185^{2}$		$.126^{1}$	$.125^{1}$	
Work satis.		$.162^{2}$		$.246^{3}$		
Low/mod. stress						
Education		$-.128^{1}$				
Pers. income					$.131^{1}$	$-.135^{1}$
Couple income						
Neighbourliness	$.233^{3}$		$.148^{1}$		$.192^{3}$	
Time-friends	$.139^{1}$					
Time-relatives	$.195^{2}$		$.203^{2}$	$.135^{1}$		
Support group	$.166^{2}$		$.166^{2}$			
Religious part.	$.261^{3}$	$.282^{3}$	$.266^{3}$	$.227^{3}$	$.159^{1}$	$.291^{3}$
Self relig. comp.	$.202^{2}$	$.142^{1}$	$.226^{3}$	$.200^{3}$	$.148^{1}$	$.177^{2}$
Marr. well-being		$.210^{3}$		$.283^{3}$	$.162^{2}$	$.211^{3}$
Marr. happiness		$.244^{3}$		$.333^{3}$	$.270^{3}$	$.215^{3}$

$^{1}=.05$ $^{2}=.01$ $^{3}=.001$

Appendix F-16

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix F-17)

	Commitment Choices (Affirm. Choices & Enrich. Behav.)					
	I would communicate better q. 122		I would give up my superior attitude q. 123		I would be less authoritarian q. 125	
Independent Variables	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age						
Yrs. marr.						
Res. stability	$.124^{1}$		$.123^{1}$	$.163^{1}$	$.146^{1}$	$.203^{2}$
No. child. home				$.143^{1}$		
Std. lvg. satis.	$.241^{3}$		$.289^{3}$		$.213^{3}$	
Good money mgmt.		$.138^{1}$			$.118^{1}$	$.171^{2}$
Work satis.	$.115^{1}$	$.174^{2}$		$.160^{2}$		$.129^{1}$
Low/mod. stress						
Education			$-.159^{2}$	$-.129^{1}$		$-.157^{1}$
Pers. income		$-.140^{1}$		$-.126^{1}$		$-.130^{1}$
Couple income		$-.137^{1}$				
Neighbourliness	$.190^{2}$		$.202^{2}$	$.145^{1}$	$.168^{2}$	
Time-friends						
Time-relatives	$.252^{3}$					$.122^{1}$
Support group	$.344^{3}$	$.185^{2}$	$.160^{2}$		$.204^{2}$	
Religious part.	$.303^{3}$	$.221^{3}$	$.246^{3}$	$.353^{3}$	$.210^{3}$	$.266^{3}$
Self relig. comp.	$.225^{3}$	$.170^{2}$	$.232^{3}$	$.282^{3}$	$.227^{3}$	$.212^{3}$
Marr. well-being	$.272^{3}$	$.201^{3}$	$.137^{1}$	$.194^{2}$	$.175^{2}$	$.246^{3}$
Marr. happiness	$.295^{3}$	$.303^{3}$	$.267^{3}$	$.149^{1}$	$.256^{3}$	$.140^{1}$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-17

Independent Variables by Commitment Choices ("Affirming Choices and Enriching Behaviours") Toward Own Marriage, Significant Husbands' and Wives' Correlations

Commitment Choices (Affirm. Choices & Enrich. Behav.)

Independent Variables	I would trust my spouse's judgement q. 126		I would not be picky about small money matters q. 127	
	Husb.	Wives	Husb.	Wives
Age				
Yrs. marr.				
Res. stability		.153^{1}	.159^{1}	.179^{2}
No. child. home		-.160^{1}		
Std. lvg. satis.	.236^{3}	.110^{1}	.224^{3}	
Good money mgmt.	.139^{1}		.148^{1}	
Work satis.	.186^{2}		.143^{1}	
Low/mod. stress		.155^{1}		
Education		-.210^{3}		-.139^{1}
Pers. income		-.156^{1}		-.160^{2}
Couple income				
Neighbourliness	.170^{2}		.190^{2}	
Time-friends	.167^{2}		.129^{1}	
Time-relatives	.205^{2}			
Support group	.331^{3}		.162^{2}	
Religious part.	.171^{2}	.232^{3}	.152^{1}	.282^{3}
Self relig. comp.	.176^{2}	.231^{3}	.155^{1}	.282^{3}
Marr. well-being	.282^{3}	.286^{3}	.249^{3}	.247^{3}
Marr. happiness	.372^{3}	.288^{3}	.280^{3}	.252^{3}

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix F-18

Independent Variables by Commitment Choices (Single Item modelled after Johnson's (1978) question) Toward Own Marriage, Significant Husbands' and Wives's Corr.

Commitment Choices (item modelled after Johnson)

	Want marriage to last a life time q. 28	
Independent Variables	Husb.	Wives
Age		
Yrs. marr.		
Res. stability	.122[1]	
No. child. home		
Std. lvg. satis.	.223[3]	.213[3]
Good money mgmt.		.167[2]
Work satis.	.126[1]	
Low/mod. stress		.174[2]
Education		
Pers. income		
Couple income		.213[3]
Neighbourliness		
Time-friends	.130[1]	
Time-relatives	.189[2]	
Support group	.225[3]	
Religious part.	.233[3]	.137[1]
Self relig. comp.	.183[2]	
Marr. well-being	.251[3]	.344[3]
Marr. happiness	.351[3]	.310[3]

[1]=.05 [2]=.01 [3]=.00

APPENDIX G

Independent Variables by Commitment Outcomes

Appendix G-1

Independent Variables by Commitment Outcomes (Sense of Fulfilling Self-Identity) Toward Own Marriage, Significant Husbands' and Wives' Correlations

	Commitment Outcomes (Sense of Fulfilling Self-Identity)			
	Marriage a growth experience q. 22		**Identity and fulfillment in marr. rel. q. 35**	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**
Age		-.115[1]		
Yrs. marr.				
Res. stability	-.220[3]		.164[1]	
No. child. home				
Std. lvg. satis.	.251[3]	.122[1]	.295[3]	.204[3]
Good money mgmt.			.216[3]	
Work satis.	.232[3]		.166[2]	.214[3]
Low/mod. stress		.164[2]		.219[3]
Education				
Pers. income				
Couple income				
Neighbourliness	.188[2]		.293[3]	.127[1]
Time-friends	.118[1]		.116[1]	
Time-relatives	.216[3]		.181[2]	
Support group	.283[3]	.167[3]	.347[3]	.155[2]
Religious part.	.204[3]	.146[1]	.220[3]	.246[3]
Self relig. comp.	.196[2]	.254[3]	.280[3]	.187[2]
Marr. well-being	.344[3]	.504[3]	.430[3]	.542[3]
Marr. happiness	.395[3]	.459[3]	.514[3]	.458[3]

[1]=.05 [2]=.01 [3]=.001

Appendix G-2

Independent Variables by Commitment Outcomes (Sense of Satisfaction) Toward Own Marriage, Significant Husbands' and Wives' Correlations

	Commitment Outcomes (Sense of Satisfaction)			
	My marriage is satisfying rel. q. 39		Rel. with spouse is going well q. 51	
Independent Variables	Husb.	Wives	Husb.	Wives
Age				
Yrs. Marr.				
Res. stability	.235[1]		.142[1]	
No. Child. home		-.172[1]		
Std. Lvg. satis.	.323[3]	.252[3]	.220[3]	.220[3]
Good money mgmt.	.149[1]	.239[3]		.150[1]
Work satis	.163[2]	.216[3]	.144[1]	.159[2]
Low/mod. stress		.270[3]	.182[2]	.190[2]
Education				
Pers. income				
Couple income		.198[2]		.179[2]
Neighbourliness	.233[3]		.153[1]	
Time-friends	.120[2]		.129[1]	.190[2]
Time-relatives	.192[2]	.123[1]	.231[1]	
Support group	.313[3]	.118[1]	.236[3]	.179[2]
Religious part.	.206[3]	.155[1]		
Self relig. comp.	.213[3]		.115[1]	
Marr. well-being	.548[3]	.607[3]	1.000	1.000
Marr. Happiness	.617[3]	.613[3]	.593[3]	.630[3]

[1]=.05 [2]=.01 [3]=.001

APPENDIX H

Independent Variables by
Commitment Constraints

Appendix H-1

Independent Variables by Commitment Constraints (Termination Procedures) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-2)

	Commitment Constraints (Term. Proced.) Toward Own Marriage	
	Husb. difficulty - explain to parents, in-laws[4]	Wives difficulty - explain to parents, in-laws, friends[5]
Independent Variables	Husbands	Wives
Age	-.166[2]	
Years married		
Residence stability		
Number of children in home		
Std. of living satisfaction		
Good money management		
Work satisfaction		
Stress in everyday life		
Education achieved		
Personal income		
Couple income		
Close of neighbours		
Time spent with friends		
Time spent with relatives		.157[1]
Get support from others		
Religious participation	.365[3]	.227[3]
Self religious comparison	.282[3]	.310[3]
Marital well-being		.191[2]
Marital happiness	.154[1]	.120[1]

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[1]=.05 [2]=.01 [3]=.001

[4] Index based on factor analysis and includes questions 56 and 57.

[5] Index based on factor analysis and includes question 56, 57, and 58.

Appendix H-2

Independent Variables by Commitment Constraints (Termination Procedures) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-3)

Commitment Constraints (Term. Proced.) Toward Own Marriage

Independent Variables	Husb. diff. - separate & file for divorce 4 Husbands	Wives diff. find and move to new place 5 Wives	Husb. diff. tell and explain to spouse 6 Husbands
Age		$.290^3$	
Yrs. marr.		$.329^3$	
Res. stability		$.242^3$	$.136^1$
No. child. home		$.148^1$	
Std. lvg. satis.			
Good money mgmt.	$.131^1$		
Work satis.			
Low/mod. stress			
Education			
Pers. income		$-.133^1$	
Couple income			
Neighbourliness			
Time-friends			
Time-relatives			
Support group		$-.163^2$	
Religious part.	$.216^3$		$.226^3$
Self relig. comp.	$.168^2$		$.166^2$
Marr. well-being	$.194^2$		
Marr. happiness	$.208^3$	$-.157^1$	$.147^1$

^{1}=.05 ^{2}=.01 ^{3}=.001

[4] Index based on factor analysis and includes questions 62 and 63.

[5] Index based on factor analysis and includes questions 59 and 60.

[6] Index based on factor analysis and includes questions 54 and 55.

Appendix H-3

Independent Variables by Commitment Constraints (Termination Procedures) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-4)

	Commitment Constraints (Term. Proced.) Toward Own Marriage				
	Wives diff. tell and explain to spouse[4]	**Difficulty to explain to friends q. 58**		**Difficulty find & move to new place q. 59[5]**	
Independent Variables	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age		.125[1]	.198[2]	.227[3]	.343[3]
Yrs. marr.		.198[2]	.196[2]	.219[3]	.395[3]
Res. stability					.225[3]
No. child. home	.142[1]				.188[1]
Std. lvg. satis.				.136[1]	
Good money mgmt.		.216[3]		.128[1]	
Work satis.					
Low/mod. stress	.181[2]		.164[2]		
Education					
Pers. income	-.226[3]		-.139[1]		-.165[1]
Couple income					
Neighbourliness		.147[1]		.128[1]	
Time-friends					
Time-relatives					
Support group	.169[2]				-.170[2]
Religious part.	.171[2]	.366[3]	.302[3]	.204[2]	
Self relig. comp.	.204[3]	.278[3]	.243[3]	.194[2]	
Marr. well-being	.182[2]		.212[3]		
Marr. happiness	.174[2]	.185[2]		.147[1]	-.124[1]

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[1]=.05 [2]=.01 [3]=.001

[4] **Index based on factor analysis and includes questions 54 and 55.**

[5] **Based on factor analysis for wives, questions 59 and 60 formed an index (see App. H-2). They are repeated her to allow for comparison with husbands.**

Appendix H-4

Independent Variables by Commitment Constraints (Termination Procedures) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-5)

Commitment Constraints (Term. Proced.) Toward Own Marriage

Independent Variables	Difficulty - move things somewhere else q. 60		Difficulty - splitting up joint possessions q. 61		Difficulty - initiating sep. proced.[4] q. 62	
	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age	.198[2]	.338[3]	.173[2]	.284[3]		.196[2]
Yrs. marr.	.208[3]	.358[3]	.163[2]	.274[3]		.191[2]
Res. stability		.196[2]		.204[2]		
No. child. home						
Std. lvg. satis.			.164[2]	.135[1]	.163[2]	
Good money mgmt.	.149[1]		.138[1]		.183[2]	
Work satis.						
Low/mod. stress				.158[2]		
Education						
Pers. income			.126[1]			
Couple income						
Neighbourliness				.181[2]		
Time-friends						
Time-relatives						
Support group						
Religious part.	.177[2]		.198[2]	.132[1]	.194[2]	.139[1]
Self relig. comp.	.131[1]		.192[2]		.194[2]	.121[1]
Marr. well-being			.147[1]		.185[2]	.208[3]
Marr. happiness			.145[1]		.287[3]	

[1] =.05 [2] =.01 [3] =.001

[4] Based on factor analysis for husbands, questions 62 and 63 formed an index (see App. H-2). They are repeated here to allow for comparison with wives.

Appendix H-5

Independent Variables by Commitment Constraints (Termination Procedures) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-6)

	Commitment Constraints (Term. Proced.) Toward Own Marriage					
	Difficulty - filing for divorce q. 63		Difficulty - telling the children q. 64		Difficulty - decide on child custody q. 65	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age		.192^{2}				
Yrs. marr.		.212^{3}				
Res. stability						
No. child. home		.196^{1}	.147^{1}			
Std. lvg. satis.	.174^{2}		.187^{2}		.121^{1}	
Good money mgmt.	.159^{1}		.247^{3}			
Work satis.				.132^{1}		.128^{1}
Low/mod. stress						
Education				-.123^{1}		
Pers. income						-.144^{1}
Couple income		.117^{1}				
Neighbourliness					.145^{1}	
Time-friends						
Time-relatives						
Support group			.134^{1}			
Religious part.	.219^{3}	.204^{3}		.150^{1}	.223^{3}	.150^{1}
Self relig. comp.	.140^{1}	.202^{3}			.158^{1}	.210^{2}
Marr. well-being	.177^{2}	.157^{2}	.123^{1}			.124^{1}
Marr. happiness	.208^{3}		.264^{3}		.238^{3}	.166^{1}

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix H-6

Independent Variables by Commitment Constraints (Unattractive Alternatives) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-7)

	Commitment Constraints (Unattract. Alternatives) Toward Own Marriage			
	Unhappy - withdrawing from friends[4]	Unhappy - alone, less soc. invol.[5]	Unhappy - single parent/ absent child.[6]	
Independent Variables	Husbands	Wives	Husb.	Wives
Age		.151[1]		
Yrs. marr.		.220[3]	-.130[1]	
Res. stability	.210[2]	.139[1]		.140[1]
No. child. home				
Std. lvg. satis.	.143[1]	.174[2]		
Good money mgmt.	.130[1]	.110[1]		
Work satis.			.166[1]	
Low/mod. stress		.112[1]		.137[1]
Education	.166[2]			
Pers. income	.134[1]			-.136[1]
Couple income		.183[2]		
Neighbourliness	.159[2]			
Time-friends				
Time-relatives	.125[1]	.126[1]		
Support group	.163[2]		.122[1]	
Religious part.	.293[3]	.172[2]	.201[2]	.148[1]
Self relig. comp.	.188[2]	.113[1]	.182[2]	.199[2]
Marr. well-being		.189[2]		
Marr. happiness		.178[2]		.166[1]

[1]=.05 [2]=.01 [3]=.001

[4] Index based on factor analysis and includes questions 66, 67 and 68.

[5] Index based on factor analysis and includes questions 67 and 68.

[6] Index based on factor analysis and includes questions 75, 76 and 77. These question factored in the same way for both husbands and wives.

Appendix H-7

Independent Variables by Commitment Constraints (Unattractive Alternatives) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-8)

	Commitment Constraints (Unattract. Alternatives) Toward Own Marriage		
	Unhappy - meeting & dating new people 4	Unhappy - dating and becoming involved 5	Unhappy - & difficulties, getting a job 6
Independent Variables	Husbands	Wives	Husbands
Age		.116[1]	.119[1]
Yrs. marr.			.182[2]
Res. stability		.197[2]	.136[1]
No. child. home	.187[1]		
Std. lvg. satis.			
Good money mgmt.			
Work satis.			
Low/mod. stress			
Education			
Pers. income			
Couple income			
Neighbourliness			
Time-friends			
Time-relatives			-.123[1]
Support group			
Religious part.	.215[3]	.300[3]	
Self relig. comp.	.164[2]	.281[3]	
Marr. well-being			
Marr. happiness			

[1]=.05 [2]=.01 [3]=.001

[4] Index based on factor analysis and includes questions 80, 81 and 82.

[5] Index based on factor analysis and includes questions 80 and 81.

[6] Index based on factor analysis and includes questions 72 and 73.

Appendix H-8

Independent Variables by Commitment Constraints (Unattractive Alternatives) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-9)

Commitment Constraints (Unattract. Alternatives) Toward Own Marriage

Independent Variables	Unhappy - getting job/ reorg. house[4]	Unhappy - leaving long-friends q. 66		Unhappy - relocating q. 69	
	Wives	**Husb.**	**Wives**	**Husb.**	**Wives**
Age	$.132^{1}$			$.212^{3}$	$.176^{2}$
Yrs. marr.	$.147^{1}$			$.251^{3}$	$.237^{3}$
Res. stability		$.205^{2}$			$.153^{1}$
No. child. home	$.193^{1}$				$.147^{1}$
Std. lvg. satis.			$.128^{1}$	$.210^{3}$	
Good money mgmt.		$.115^{1}$			
Work satis.		$.140^{1}$		$.169^{2}$	
Low/mod. stress					
Education		$.198^{2}$			
Pers. income	$-.129^{1}$				
Couple income					
Neighbourliness	$.157^{1}$			$.179^{2}$	
Time-friends					
Time-relatives	$.175^{2}$				
Support group		$.137^{1}$		$.113^{1}$	
Religious part.	$.168^{2}$	$.129^{1}$		$.210^{3}$	$.205^{3}$
Self relig. comp.	$.116^{1}$			$.170^{2}$	$.215^{3}$
Marr. well-being					$.128^{1}$
Marr. happiness				$.172^{2}$	

^{1}=.05 ^{2}=.01 ^{3}=.001

[4] **Index based on factor analysis and includes questions 73 and 74.**

Appendix H-9

Independent Variables by Commitment Constraints (Unattractive Alternatives) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-10)

	Commitment Constraints (Unattract. Alternatives) Toward Own Marriage					
	Unhappy - more independence & freedom q. 70		Unhappy - living alone q. 71		Unhappy - money problems q. 72	
Independent Variables	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age	$.264^3$	$.133^1$	$.167^2$			
Yrs. marr.	$.287^3$	$.136^1$	$.181^2$	$.161^2$	$.179^2$	
Res. stability	$.261^3$	$.194^2$		$.132^1$	$.156^1$	
No. child. home	$.192^1$		$.158^1$			
Std. lvg. satis.	$.206^3$	$.125^1$	$.167^2$	$.143^1$	$-.120^1$	
Good money mgmt.	$.191^2$		$.123^1$			
Work satis.	$.182^2$		$.199^2$			
Low/mod. stress		$.213^3$				
Education						$-.124^1$
Pers. income			$.200^2$	$-.131^1$		$-.159^1$
Couple income			$.150^1$			
Neighbourliness	$.240^3$		$.170^2$			
Time-friends						
Time-relatives		$.138^1$				
Support group		$-.127^1$	$.187^2$	$-.140^1$		
Religious part.	$.246^3$	$.199^2$	$.179^2$	$.112^1$		
Self relig. comp.	$.300^3$	$.242^3$	$.151^1$	$.181^2$		
Marr. well-being		$.208^3$	$.241^3$	$.139^1$		
Marr. happiness	$.181^2$		$.254^3$	$.121^1$		

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix H-10

Independent Variables by Commitment Constraints (Unattractive Alternatives) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix H-11)

Independent Variables	Commitment Constraints (Unattract. Alternatives) Toward Own Marriage			
	Unhappy - reorganizing housekeeping q. 74		Unhappy - my sex need not being met q. 78	
	Husb.	Wives	Husb.	Wives
Age	$.356^{3}$	$.215^{3}$	$.126^{1}$	
Yrs. marr.	$.393^{3}$	$.193^{2}$	$.146^{1}$	
Res. stability		$.175^{2}$		$.136^{1}$
No. child. home	$.310^{3}$	$.146^{1}$		
Std. lvg. satis.	$.113^{1}$			
Good money mgmt.	$.133^{1}$			
Work satis.	$.168^{2}$			$.146^{1}$
Low/mod. stress				
Education				
Pers. income	$.245^{3}$		$.123^{1}$	
Couple income	$.139^{1}$			
Neighbourliness		$.150^{1}$		
Time-friends				
Time-relatives	$-.153^{1}$	$.120^{1}$		
Support group				
Religious part.	$.172^{2}$		$.255^{3}$	
Self relig. comp.	$.155^{1}$		$.137^{1}$	$.135^{1}$
Marr. well-being				$.138^{1}$
Marr. happiness	$.119^{1}$			$.204^{3}$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix H-11

Independent Variables by Commitment Constraints (Unattractive Alternatives) Toward Own Marriage, Significant Husbands' and Wives' Correlation

	Commitment Constraints (Unattract. Alternatives) Toward Own Marriage			
	Unhappy - giving up status as married person q. 79		Unhappy - about making more friends/ meeting new people q. 82	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**
Age	.173[2]	.228[3]		.174[2]
Yrs. marr.		.279[3]		.187[2]
Res. stability				.156[1]
No. child. home		.164[1]		.166[1]
Std. lvg. satis.	.115[1]			
Good money mgmt.				
Work satis.		.136[1]		
Low/mod. stress.		.168[2]		.167[2]
Education				
Pers. income	.146[1]			
Couple income				
Neighbourliness				
Time-friends	-.166[2]	-.119[1]		
Time-relatives				
Support group				
Religious part.	.331[3]	.203[3]	.207[3]	.220[3]
Self relig. comp.	.276[3]	.138[1]	.143[1]	
Marr. well-being				
Marr. happiness				

[1]=.05 [2]=.01 [3]=.001

Appendix H-12

Independent Variables by Commitment Constraints (Social Pressures) Toward Own Marriage, Significant Husbands' and Wives' Correlations

Independent Variables	Commitment Constraints (Social Pressures) Toward Own Marriage Important people in my life, who I feel would disapprove of me ending my marriage, q. 83-85 First person		Second person		Third person	
	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age						.172^{1}
Yrs. marr.						.241^{3}
Res. stability						.230^{2}
No. child. home						
Std. lvg. satis.	.134^{1}					.127^{1}
Good money mgmt.						
Work satis.						
Low/mod. stress						
Education	.150^{1}					
Pers. income	.131^{1}					
Couple income	.253^{2}	.133^{1}			.170^{1}	
Neighbourliness						
Time-friends	.134^{1}					
Time-relatives						
Support group	.321^{3}		.225^{2}		.139^{1}	
Religious part.		.183^{2}	.165^{1}	.186^{2}	.149^{1}	.286^{3}
Self relig. comp.		.178^{2}		.145^{1}		.202^{2}
Marr. well-being	.309^{3}	.156^{1}	.142^{1}		.153^{1}	
Marr. happiness	.387^{3}	.221^{2}	.222^{2}		.267^{3}	

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix H-13

Independent Variables by Commitment Constraints (Irretrievable Invenstments) Toward Own Marriage, Significant Husbands' and Wives' Correlations

Commitment Constraints (Irr. Invest.)
Toward Own Marriage

Independent Variables	Investment of time in marriage q. 86		Investment of money in marriage q. 86		Investment of emotional effort in marriage q. 86	
	Husb.	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age	.121^{1}	.157^{2}				
Yrs. marr.	.137^{1}	.210^{3}				
Res. stability			.152^{1}			-.148^{1}
No. child. home					-.156^{1}	
Std. lvg. satis.	.288^{3}	.149^{1}	.117^{1}		.181^{2}	
Good money mgmt.	.209^{3}	.131^{1}			.139^{1}	
Work satis.						.148^{1}
Low/mod. stress	-.145^{1}			-.166^{2}		
Education						
Pers. income	.240^{3}		.195^{2}	.247^{3}	.194^{2}	
Couple income	.264^{3}		.216^{2}	.149^{1}	.133^{1}	
Neighbourliness	.216^{3}				.148^{1}	
Time-friends						
Time-relatives	.129^{1}					
Support group	.167^{2}				.144^{1}	
Religious part.		.153^{1}			.125^{1}	
Self relig. comp.		.133^{1}			.195^{2}	
Marr. well-being	.257^{3}				.134^{1}	
Marr. happiness	.359^{3}				.238^{3}	.145^{1}

^{1}=.05 ^{2}=.01 ^{3}=.001

APPENDIX I

Independent Variables by
Single Items

Appendix I-1

Independent Variables by Single Items (General Commitment Items) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix I-2)

Single Items (General Commitment Items) Toward Own Marriage

Independent Variables	Influence of religious heritage q. 26		Marr. based on Biblical principals q. 32	
	Husb.	**Wives**	**Husb.**	**Wives**
Age			$.118^{1}$	$.194^{2}$
Yrs. marr.			$.111^{1}$	$.163^{2}$
Res. stability				$.138^{1}$
No. child. home	$.150^{1}$		$.166^{1}$	$.203^{2}$
Std. lvg. satis.				
Good money mgmt.				
Work satis.				
Low/mod. stress	$-.122^{1}$	$.110^{1}$	$-.128^{1}$	
Education				
Pers. income				
Couple income		$-.121^{1}$		
Neighbourliness	$.134^{1}$		$.165^{2}$	$.161^{2}$
Time-friends				
Time-relatives	$.144^{1}$	$.131^{1}$		
Support group	$.164^{2}$	$.121^{1}$	$.115^{1}$	
Religious part.	$.776^{3}$	$.663^{3}$	$.788^{3}$	$.728^{3}$
Self relig. comp.	$.662^{3}$	$.617^{3}$	$.653^{3}$	$.689^{3}$
Marr. well-being		$.113^{1}$		$.125^{1}$
Marr. happiness	$.133^{1}$		$.128^{1}$	

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix I-2

Independent Variables by Single Items (General Commitment Items) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix I-3)

	Single Items (General Commitment Items) Toward Own Marriage			
	Difficult to separate or divorce q. 23		**Hard to live with no spouse q. 33**	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**
Age			.125^1	.156^2
Yrs. marr.		.125^1	.130^1	.220^3
Res. stability	.213^2	.248^3	.162^1	.178^2
No. child. home	.193^1			
Std. lvg. satis.	.206^3	.155^2	.175^2	.140^1
Good money mgmt.	.152^1	.137^1	.192^2	.108^1
Work satis.	.142^1		.147^1	
Low/mod. stress		.131^1		.116^1
Education			-.150^1	
Pers. income				
Couple income		.153^1		
Neighbourliness	.121^1		.162^2	
Time-friends	.198^2			
Time-relatives				.122^1
Support group	.258^3		.163^2	
Religious part.	.293^3	.233^3	.213^3	.164^2
Self relig. comp.	.191^2	.254^3	.232^3	.126^1
Marr. well-being	.276^3	.373^3	.280^3	.383^3
Marr. happiness	.349^3	.336^3	.348^3	.268^3

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix I-3

Independent Variables by Single Items (General Commitment Items) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix I-4)

Single Items (General Commitment Items) Toward Own Marriage

Independent Variables	Children make it diff. to consid. sep./ divorce q. 38		I am more ded. to marr. than spouse q. 40		How often help spouse achieve goals q. 41	
	Husb.	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age				$.121^1$		$-.146^1$
Yrs. marr.						
Res. stability						
No. child. home			$.142^1$			
Std. lvg. satis.			$-.220^3$	$-.135^1$	$.144^1$	
Good money mgmt.				$-.112^1$		$.026^1$
Work satis.			$-.160^2$		$.120^1$	$.173^2$
Low/mod. stress				$-.129^1$		
Education						
Pers. income		$-.129^1$				
Couple income				$-.127^1$		
Neighbourliness		$.179^2$			$.172^2$	
Time-friends					$.125^1$	
Time-relatives					$.226^3$	
Support group			$-.153^1$	$-.112^1$	$.272^3$	$.140^1$
Religious part.	$.192^2$	$.324^3$			$.164^2$	
Self relig. comp.		$.307^3$			$.208^3$	
Marr. well-being			$-.288^3$	$-.272^3$	$.424^3$	$.254^3$
Marr. happiness			$-.241^3$	$-.309^3$	$.332^3$	$.277^3$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix I-4

Independent Variables by Single Items (General Commitment Items) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix I-5)

Single Items (General Commitment Items) Toward Own Marriage

Independent Variables	Possibility of marriage ending by choice q. 42		How often think of ending marr. q. 43		Have a positive mental attitude toward spouse q. 44	
	Husb.	Wives	Husb.	Wives	Husb.	Wives
Age						
Yrs. marr.						
Res. stability			$.187^{2}$	$.157^{1}$	$.153^{1}$	$.130^{1}$
No. child. home					$-.168^{1}$	
Std. lvg. satis.	$.216^{3}$	$.150^{1}$	$.291^{3}$	$.224^{3}$	$.211^{3}$	$.220^{3}$
Good money mgmt.	$.162^{2}$			$.183^{2}$	$.187^{2}$	$.135^{1}$
Work satis.			$.122^{1}$	$.169^{2}$		$.243^{3}$
Low/mod. stress		$.218^{3}$		$.270^{3}$		$.216^{3}$
Education						
Pers. income						
Couple income				$.117^{1}$		
Neighbourliness	$.232^{3}$		$.200^{3}$		$.208^{3}$	
Time-friends					$.176^{2}$	
Time-relatives	$.171^{2}$	$.118^{1}$		$.118^{1}$	$.257^{3}$	
Support group	$.154^{1}$		$.156^{2}$		$.182^{2}$	
Religious part.	$.331^{3}$	$.247^{3}$	$.268^{3}$	$.171^{2}$	$.178^{2}$	
Self relig. comp.	$.294^{3}$	$.250^{3}$	$.275^{3}$	$.157^{2}$	$.154^{1}$	
Marr. well-being	$.346^{3}$	$.424^{3}$	$.416^{3}$	$.496^{3}$	$.489^{3}$	$.443^{3}$
Marr. happiness	$.423^{3}$	$.437^{3}$	$.501^{3}$	$.471^{3}$	$.485^{3}$	$.466^{3}$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix I-5

Independent Variables by Single Items (General Commitment Items) Toward Own Marriage, Significant Husbands' and Wives' Correlations (continued on Appendix I-6)

Independent Variables	Single Items (General Commitment Items) Toward Own Marriage					
	Spouse takes priority over children q. 45		How often fantasize abt. having an affair q. 46		Your view of your marr. q. 48	
	Husb.	**Wives**	**Husb.**	**Wives**	**Husb.**	**Wives**
Age	$.138^1$	$.171^1$		$.178^2$		
Yrs. marr.	$.176^2$	$.189^2$		$.139^1$		
Res. stability		$.171^1$		$.137^1$	$.192^2$	$.202^2$
No. child. home						
Std. lvg. satis.		$.129^1$	$.156^1$		$.226^3$	$.175^1$
Good money mgmt.					$.120^2$	$.208^3$
Work satis.		$.134^1$			$.189^2$	$.218^3$
Low/mod. stress		$.182^2$		$.171^2$		$.171^2$
Education					$.146^1$	
Pers. income	$.158^1$				$.140^1$	$.134^1$
Couple income	$.148^1$	$.152^1$			$.156^1$	$.241^3$
Neighbourliness			$.186^2$		$.246^3$	
Time-friends					$.145^1$	
Time-relatives				$.122^1$	$.153^1$	
Support group	$.164^1$				$.220^3$	$.121^1$
Religious part.	$.258^3$	$.278^3$	$.379^3$	$.292^3$	$.188^2$	
Self relig. comp.	$.287^3$	$.257^3$	$.331^3$	$.179^2$	$.188^2$	
Marr. well-being	$.179^2$	$.413^3$	$.188^2$	$.200^3$	$.490^3$	$.571^3$
Marr. happiness	$.206^2$	$.352^3$	$.274^3$	$.115^1$	$.495^3$	$.596^3$

^{1}=.05 ^{2}=.01 ^{3}=.001

Appendix I-6

Independent Variables by Single Items (General Commitment Items) Toward Own Marriage, Significant Husbands' and Wives' Correlations

	Single Items (General Commitment Items) Toward Own Marriage			
	How you feel about future of your marriage q. 49		**Your level of dedication to your marriage q. 50**	
Independent Variables	**Husb.**	**Wives**	**Husb.**	**Wives**
Age			$-.138^{1}$	
Yrs. marr.				
Res. stability				
No. child. home				
Std. lvg. satis.		$.139^{1}$	$.174^{2}$	$.154^{1}$
Good money mgmt.				
Work satis.		$.148^{1}$		$.153^{1}$
Low/mod. stress		$.153^{1}$		$.182^{2}$
Education				$-.196^{2}$
Pers. income				
Couple income				
Neighbourliness	$.188^{2}$			
Time-friends				
Time-relatives		$.126^{1}$		
Support group	$.205^{3}$			
Religious part.	$.299^{3}$	$.277^{3}$		$.197^{2}$
Self relig. comp.	$.267^{3}$	$.263^{3}$	$.127^{1}$	$.161^{1}$
Marr. well-being	$.255^{3}$	$.416^{3}$		$.288^{3}$
Marr. happiness	$.357^{3}$	$.370^{3}$	$.164^{1}$	$.248^{3}$

^{1}=.05 ^{2}=.01 ^{3}=.001